

## Preventing The Side Effects Of

## Pregnancy Bed Rest



Structure your day with a routine and activities to fight boredom.



Exercise as recommended by your doctor.



Stay connected with family and friends for support.



Maintain a healthy pregnancy diet with small and frequent meals.



Learn new skills or hobbies.



Start writing a journal to document your pregnancy journey.



Source: https://www.momjunction.com/articles/bed-rest-essential-pregnancy\_00215/