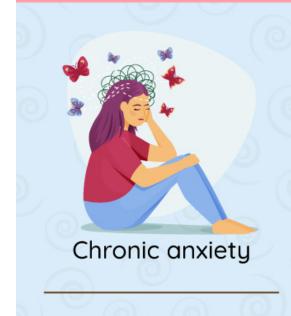


Notable Signs Of Stress In Pregnant Women





Anxious thoughts about postpartum and baby care



Undereating or overeating



Nightmares



Trouble sleeping and insomnia



Lack of interest in hobbies



manage stress

Mom Junction Source: https://www.momjunction.com/articles/stress-pregnancy-causes-

symptoms_00815598/