

mind&mom

TIPS TO HELP WITH  
**Anxiety**  
during  
pregnancy



# PHYSICAL ACTIVITY 🦵

Studies show that exercise can treat mild to moderate depression and anxiety as effectively as antidepressant medication.

It releases endorphins, powerful chemicals in your brain that energize your spirits and promote feelings of calm and well being.



## What you can do:

- Engage in regular physical activity.  
Consistency is key.
- Walking, pregnancy safe workouts, swimming, yoga, pilates, whatever helps you get a move on.

# ADEQUATE SLEEP <sup>zzz</sup>

Sleep is about a whole lot more than just rest. It recharges the system that fights germs and keeps your body healthy.

So when you don't get quality shut-eye, it throws your brain chemistry off. Which makes it harder to think clearly and manage your feelings.

## What you can do:

- Chalk out a calming bedtime routine, get a pregnancy pillow, have a few nights in a bed away from your partner, whatever makes you comfortable.



# JOURNALING

Journaling helps control your symptoms and improve your mood by helping you prioritize problems, fears, and concerns. It tracks everyday symptoms so you can recognize triggers and learn ways to control them better.

## What you can do:

- Write about your worries, it helps you brainstorm potential solutions.
- Try to write every day.  
(set aside at least few minutes)
- Make it easy. Keep supplies handy, so you can write down thoughts whenever you want to.
- Write or draw whatever feels right. There are no rules to this. Let the words and ideas flow freely.



# SCHEDULE WORRY TIME 🕒

Setting time aside towards the end of the day provides you with a time to worry productively, but it frees you from holding onto your worries the rest of the day (practice reminding yourself "I'll get to these thoughts later").

## What you can do:

- Set at least 30 mins aside for worry time.
- Be somewhere calm and at ease, away from chaos and disruptions.



# RELAXATION TECHNIQUES 🙏

Relaxation techniques can alter your reactions to feelings. It trains the brain to achieve sustained focus, and to return to that focus when negative thinking, emotions, and physical sensations intrude.



## What you can do:

- Find relaxation techniques that work for you like yoga, acupuncture, massages or meditation (their benefits will continue even after the baby arrives).
- Find classes, apps or videos that help you with guidance.

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- ✓ **250+ Wellness programs** for everyday until you deliver!
- ✓ Exclusive **wellness solutions** for pregnancy discomforts
- ✓ Specially curated daily **workout charts**

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*(Link in Bio)*

