



Pregnancy is a time of great excitement, but it can also bring anxiety, especially for first-time parents.

What can trigger anxiety during pregnancy?

- Fear of the unknown
- A change in life's circumstances
- If you already suffer from health anxiety
- Hearing other people's experiences
- Fear of hospitals
- Mum guilt – that you won't be a good mother
- Past trauma or baby loss

Here are some tips for managing pregnancy anxiety:

1. Educate Yourself

- Understanding what to expect during pregnancy can reduce fear of the unknown. Read books, attend prenatal classes, and talk to healthcare professionals about the process.

2. Communicate Openly

- Discuss your feelings with your partner, friends, or a counsellor. Sharing your worries can help ease the burden and bring you closer to others who might share similar experiences.

3. Practice Relaxation Techniques

- Techniques like deep breathing, meditation, prenatal yoga, or progressive muscle relaxation can help calm your mind and reduce anxiety.

4. Limit Exposure to Negative Information

- Avoid spending too much time on forums or reading horror stories about pregnancy and childbirth. Focus on positive stories and experiences instead.

5. Maintain a Healthy Lifestyle

- Regular exercise, a balanced diet, and adequate sleep can improve both your physical and mental health, reducing anxiety levels.

6. Establish a Support System

- Surround yourself with supportive friends, family, or join a pregnancy support group. Having people to talk to and lean on during challenging times is crucial.

7. Set Realistic Expectations

- Understand that every pregnancy is different, and things may not go exactly as planned. Accepting this can help reduce anxiety when things don't go perfectly.

8. Focus on the Positive

- Keep a journal of positive experiences, milestones, and feelings during your pregnancy. Reflecting on these can boost your mood and help you focus on the joy of the journey.

9. Prepare for the Birth, But Don't Overplan

- While it's good to prepare for childbirth, try not to obsess over every detail. Flexibility is key, as things may not go exactly as planned.

10. Seek Professional Help if Needed

- If anxiety becomes overwhelming, consider talking to a therapist who specialises in prenatal mental health. There's no shame in seeking help.

11. Practice Self-Compassion

- Be kind to yourself and recognise that it's normal to feel anxious during pregnancy. Don't judge yourself for your feelings and allow yourself to feel whatever comes up.

12. Engage in Enjoyable Activities

- Keep doing things you love, whether it's reading, hobbies, spending time with loved ones, or anything that brings you joy and helps distract from anxious thoughts.

By implementing these tips, parents can better manage anxiety during pregnancy, fostering a more positive experience during this special time.



The MAMA Pregnancy
Helpline:

0203 6428121

A Counselling service for any
expectant parent or health
professional feeling anxious