BENEFITS OF MINDFULNESS IN PREGNANCY AND THE POSTPARTUM PERIOD

MENTAL HEALTH

• Allows for an increase in self-compassion
• Supports mood regulation and self-care
• Ability to rewire our brain from the inside out, through increased attention and intentional practice (neuroplasticity)

PHYSICAL HEALTH

• Improves sleep and concentration
• Increases productivity and memory
• Supports decreased pain and physical symptoms
• Can assist with pain in labor and delivery

RELATIONAL HEALTH

• Supports a more balanced transition to motherhood
• Increased attention and observation make it possible to learn your infant’s cues and needs
• Supports co-regulation of infant by attending to present moment, observing emotion, behavior, needs