



# 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 infants cues and needs
- Supports co-regulation of infant by attending to present moment, observing emotion, behavior, needs