MANAGING STRESS

Managing stress is good for your health and your baby's health during pregnancy and beyond. If you can manage stress, you can reduce your chance of premature birth and your baby's chance of childhood health problems like asthma and allergies.

Also, when you manage stress, your pregnancy is likely to be a more positive experience overall.

If you have life stresses under control and stress management strategies in place during pregnancy, you might also be able to cope better with new stresses after birth.

WATCH VIDEO TO LEARN MORE ▶

https://bit.ly/49QpGqG

GOALS OF MOOD REGULATION

? Understand and name your emotions

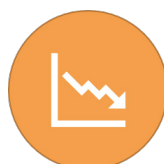🌊 Reduce intensity of unwanted emotions

☂ Reduce vulnerability to unwanted emotions

📉 Reduce emotional suffering