

Maternal Mental Health

Did you know?

Mental health difficulties in pregnancy are very common. 1 in 5 women experience a mental health problem in pregnancy or in the first year after birth. You are more at risk if you have had poor mental health in the past. It is normal to feel a range of emotions - excitement, joy, worry, stress and responsibility. Having poor mental health is not about being a good or bad parent.



Talk to your GP, Midwife or Obstetrician with any concerns you may have about your mental health and wellbeing

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Because pregnancy is a time of profound change it is especially important to be mindful of your mental health & wellbeing.

Remember you are not alone - reach out for help and support to get back on track so you can enjoy being with your baby.

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MATERNAL MENTAL HEALTH & WELLBEING**

Tips to help foster positive maternal mental health.



You may need additional support in relation to your mental health if:

- Your symptoms persist for more than 2 weeks.
- Your symptoms interfere with your ability to work or to carry out your usual day to day activities.
- Your symptoms cause considerable upset and distress.
- You have suffered from poor mental health difficulties in the past.

Things you can do to help you feel better:

- Eat a healthy, balanced diet.
- Make time to do something enjoyable every week.
- Practice mindfulness or meditation.
- Get regular sleep.
- Discuss any worries you might have your family, GP or midwife.
- Make a 'Wellbeing Plan' and include support you might need during and after your birth.
- Attend pregnancy classes.
- Reduce daily tasks like housework or shopping.
- Ask for help when you need it
- Let family and friends help

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Activities to help keep your mind and body healthy

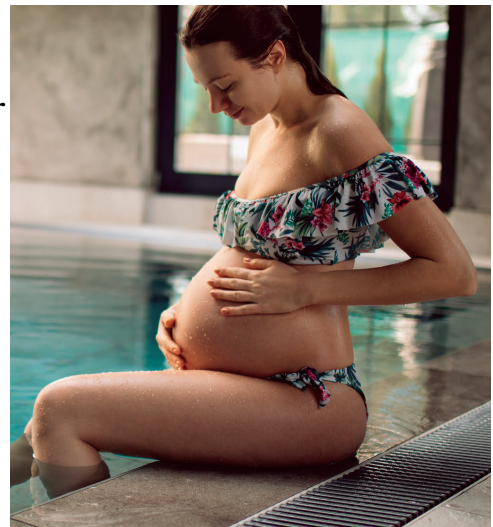


Walking can help

- tone your muscles and keeps you active
- relieve leg aches and discomfort
- manage weight gain to a healthy level
- control blood sugar levels
- maintain even blood pressure levels
- relieve morning sickness, cramps and constipation
- uplift mood and combat stress
- provide a way to meet new people and socialise.

Swimming can help

- relieve nausea
- reduce body temperature while exercising
- take pressure off your baby bump and lower back
- improve blood circulation.
- relieve lower limb swelling and discomfort.
- strengthen abdominal muscles
- relieve back pain.
- improve cardiovascular health
- make labor and delivery and pregnancy easier,



Yoga can help

- improve sleep
- reduce stress and anxiety
- increase strength and flexibility
- build muscle endurance
- decrease lower back pain, nausea, headaches and shortness of breath
- develop the hips to facilitate child birth

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