

# ANXIETY



## Pregnancy



# Anxiety & Pregnancy

This eBook provides information about anxiety during pregnancy and also gives the factors that may lead to rigorous stress during pregnancy. Here you can learn how to deal with your situation in a better way while being pregnant.

Women and babies have been interrelated since the very beginning. It is a natural phenomenon and there is nothing unusual about it.

Most young women want to bear a child, in other words become a mother.



These days even for a career woman the desire to give birth to a child and become a mother is bound to catch up.

They say no other joy can ever replace the joy of becoming a mother, even in the hustle and bustle of everyday life. There are several expectant mothers who suffer from severe stress and emotional turmoil and the question arises; Can pregnancy and the anxiety related to becoming a mother bring her joy and contentment, equally?

The answer to this question varies from woman to woman.



A part of the earlier life of the expecting mother is always brought to light especially when she is going to give birth to a new life.

## **What Things Might Make It More Stressful?**

During pregnancy, a woman spends most of her time thinking and being drowned in her thoughts. The common thoughts during this time are; will her new born be normal? Will she fail as a mother? Will her baby have to go through the same problems as she had to go through in her adolescence? Etc. etc.



This is quite expected as it is a preparatory stage for the mother to love the baby that is growing inside her womb.

Also her body is preparing to adapt to the changes to meet the demand of the new life which is growing inside of her.

It is seen in most cases that the anxiety during pregnancy triggers stress in the woman.

**The other factors that might lead to rigorous stress during pregnancy are:**



- A current miscarriage: This shakes the woman's confidence and the woman tends to wonder whether she will ever experience the joy of becoming a mother and see her baby cry for the first time.
- A uncertain income during the pregnancy
  - An inconsistent relationship with the baby's father
  - No emotional and moral support
- Unexpected and unwanted pregnancy that might mess up other plans of life.



It is essential for the expectant mother to be mentally stable during pregnancy and settle all the worries and doubts with her close friends, family members and doctors.

**It is not impossible to deal with anxiety in pregnancy.**

Like other crises in life, pregnancy and anxiety can be very easily dealt with. The pregnant woman is the right person to determine what is best for her baby. No matter what is happening, all expecting mothers want to emerge as the best mother and would always want to do the best for the welfare of her child.



However, note that anxiety and pregnancy do not bear good results for the child.

Several studies reveal the fact that if the mother is stressed and over anxious during her pregnancy then her baby is bound to develop stressful behaviour later in life.

Between the 12th and 23rd weeks the baby in the mother's womb is mostly likely to be affected by its mother's stress and anxiety.

### **What Good Can Come Out Of It?**

Other than harbouring some negative thoughts the expecting mother makes preparations to deal with anxiety and pregnancy.





Several bodily changes take place during pregnancy.

One of the major concerns during this time is whether their anxiety disorders will affect the unborn.

Will it worsen the pregnancy conditions?  
After the baby is born will they will be able to take care of the baby properly?

Obviously, a great concern is whether or not the symptoms of their anxiety disorder will worsen during the pregnancy, and if they will be able to care for the baby after it is born.



Whether intake of different medicines will affect the baby or not is also a cause of concern. All these thoughts however can elevate the levels of stress in the expecting mother.

## **The Following Facts Can Offer Some Hope For Anxiety & Pregnancy:**

- During the pregnancy period and breast feeding period the medicines for anxiety disorders are quite safe for the baby.
  - About 40% of women experience a precise decrease of the anxiety pattern during pregnancy.



However during postpartum the set of anxiety symptoms may return.

- The intake of medicines for anxiety disorders by the expecting mother can actually help in preventing the development of anxiety disorders in the baby later in life. If the mother's symptoms are not treated properly then however it may result in lower birth weight of the baby.

## **What can be done during pregnancy to deal with anxiety?**

About 10% of women develop anxiety symptoms during pregnancy.



## Following The Steps Below Will Definitely Help Them To Deal With The Situation In A Better Way.

- Seek advice from your doctor about your plans to either become pregnant, or if you are pregnant. The doctor's instructions and medications will help you to deal with your anxiety and pregnancy strategically.
- Bond with your partner in a more strong and intimate way. This would ensure support and love which would help in dealing with the situations in a better way.



- Relax. Pursue hobbies according to your liking. Talk to your friends, go for walks and practice gardening. All these activities will divert your mind and keep your stress under control.
- Open up to your husband or partner and close friends and discuss your causes of stress. This will definitely help.
- Find a holistic therapist that can help you to overcome your anxiety.

**There are many things you can do to overcome anxiety as you will see in the information you get in the Global Healing Exchange membership area.**



Take a look around and find the best  
treatment for you.



**This Ebook Was Written For  
Global Healing Exchange**

