

This material does not replace the advice of your health care provider.
Ask him/her for more information on this topic.
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For more tips on your health:

right FROM THE start
— be smart. be healthy. —



REDUCING STRESS DURING PREGNANCY

Take the time to relax. You need it.



10 TIPS TO HELP REDUCE STRESS DURING PREGNANCY

1. Relax, if only for 10 minutes.
2. Sleep seven to nine hours every day.
3. Share your problems with someone.
4. Recognize when you are stressed.
5. Write down your feelings.
6. Exercise. Try swimming, walking or yoga.
7. Limit strenuous activity.
Only do what you can handle.
8. Accept help. Let people know
when you can use a hand.
9. Keep all your prenatal care appointments.
10. Connect with other moms and moms-to-be. Understand you are not alone.

