



Guided By You
Midwifery

5 Ways to Reduce Anxiety in Pregnancy

Pregnancy can bring a mixture of emotions, including excitement, uncertainty and worry. If anxiety is affecting your daily life or making it difficult to enjoy your pregnancy, you are not alone.

1. Talk to someone you trust

Sharing your worries with your partner, friend, family member or healthcare professional can make a huge difference.

2. Limit upsetting information online

Reading too many negative stories online can increase anxiety. Try to focus on trusted sources of information.

3. Create a calm birth plan

Thinking about what would help you feel safe and supported in labour can help you feel more in control.

4. Ask for extra support

Additional appointments, continuity of care and one-to-one support can help you feel reassured.

5. Be kind to yourself

Pregnancy can feel overwhelming at times. Rest, sleep, gentle movement and taking time for yourself are all very important.

If you would like more support during pregnancy, birth or the postnatal period, please get in touch.

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