

be smart. be healthy.

right FROM THE **start**



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.

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

Funding provided by the Florida Department of Health, supported in part by project H5MMC10873
from the U.S. Department of Health and Human Services, Health Resources and Services
Administration, Maternal and Child Health Bureau (Title V, Social Security Act).

