

Managing Stress During Pregnancy | Kaiser Permanente

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Stress is a really natural part of life. Many, many, if not all women experience stress during pregnancy.

And there's a lot of things that can come up with pregnancy that aren't necessarily related to specifically the pregnancy, including difficulties with things like paying the rent, food preparation.

And worrying that the stress that you experience day to day is going to harm your baby is just going to cause more stress.

Stress itself is not going to hurt the baby, but how you manage stress can impact the baby. If you are continuing to eat well, rest well, make sure that you're getting lots of nutrition and hydration, the baby is going to be fine. But we do want you to feel healthy because your health is important, not only as a pregnant person, but as a parent.

Many people find that exercise is a great way to relieve stress and pregnancy. Others choose relaxation techniques like meditation or reflection, time spent in nature.

Taking some deep breaths or prenatal yoga classes.

All these things can help people deal with the everyday stressors that we all experience. So, if you have issues like this, please let us know. There are resources to help.

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