

How to cope with first trimester anxiety

Suffering from first trimester anxiety? You're not alone, 1 in 10 pregnant women experience this pregnancy symptom in their first trimester. Here's how to keep the feelings under control.

- Talk to your nearest and dearest—it can really help.
- Don't feel guilty or embarrassed.
- Keep active if you can, it's good for you and baby.
- Try and rest when needed.
- Set aside some “me time” at least once a day. Maybe with a warm bath or a podcast on a walk?
- Ask your loved ones for practical help. Cooking, shopping, taking care of kids, whatever helps take a load off.
- Meet up with people in the same boat. Ask your healthcare provider or midwife for forums or local groups.
- Take a break from coffee breaks. There's a recommended limit to caffeine during pregnancy.
- Eat well. Proper nutrition is essential. Now, more than ever.
- Make time for self-care. Try complementary therapies like relaxation massage or meditation.

- Mindfulness apps are helpful.

- Have a go at simple breathing exercises for stress.

- Plan ahead. Writing down small steps each week can help you get back in control.

- If you're feeling overwhelmed about the prospect of becoming a parent, have a look at our checklist to help you emotionally prepare** ^[1].

- Turn to your healthcare provider if you need more support.

Source URL: <https://www.babyandme.nestle.info/prenatal/first-trimester-anxiety>

Links

[1] <https://www.babyandme.nestle.info/node/682537>