

# Empowering Self-Care *During Pregnancy*

7 Steps to Support Your Health and Wellbeing  
Throughout Your Journey

## Pregnancy is a time of transition both physically and emotionally

To ensure a healthy pregnancy, it is important to practice self-care. Here are some tips for taking care of yourself during pregnancy:

### 1 Sleep Well



**50%**

It's estimated that **50% of pregnant women experience insomnia** due to a variety of factors, such as physical and hormonal changes.

To improve sleep quality and ensure you get enough rest, create a comfortable sleeping environment and avoid caffeine before bedtime. Additionally, regular exercise can also aid in getting better rest during pregnancy.

### 2 Eating for Two

**300 extra calories**

To maintain a healthy pregnancy, only approximately 300 extra calories are needed each day.

These calories should come from a balanced diet full of protein, fruits, vegetables and whole grains.

Eating small meals throughout the day instead of larger ones can also help prevent morning sickness or indigestion issues during pregnancy.



### 3 Stay Hydrated



**8 to 12 cups of water**

During pregnancy you should drink **8 to 12 cups (64 to 96 ounces) of water every day to keep your body hydrated and energized.**

Water has many benefits; it aids digestion, helps form the amniotic fluid around the fetus and flushes out toxins from the body that can cause fatigue or headaches during pregnancy.

### 4 Work Out

**Maintaining low-impact exercises**

Maintaining low-impact exercises like walking, swimming, or yoga can help keep both mom and baby healthy by improving circulation throughout the body, which helps promote increased oxygen flow while providing additional endorphins, boosting your mood naturally!



### 5 Get Prenatal Care



**Getting regular checkups**

Getting regular checkups throughout your pregnancy is essential for both you and your baby's health – not only will these appointments allow doctors to monitor any potential risks, but they also provide an opportunity for expectant mothers to ask any questions they may have regarding their pregnancy journey!

### 6 Allow Others to Help

**Don't be afraid to accept help**

While it's important for mothers to take care of themselves during pregnancy, it can be difficult to do so alone! Don't be afraid to accept help from friends, family, or even professionals if needed – let them know what type of help you need so they can support you through this new time in your life.



### 7 Monitor Your Mood

Pregnant women are more susceptible to mental health issues such as depression due to hormonal changes affecting their moods throughout their pregnancies.



**Anxiety during pregnancy is also known as antenatal anxiety. Antenatal anxiety is common, and it can affect either parent.**



**Research suggests that about 7% of pregnant women experience depression during pregnancy.**

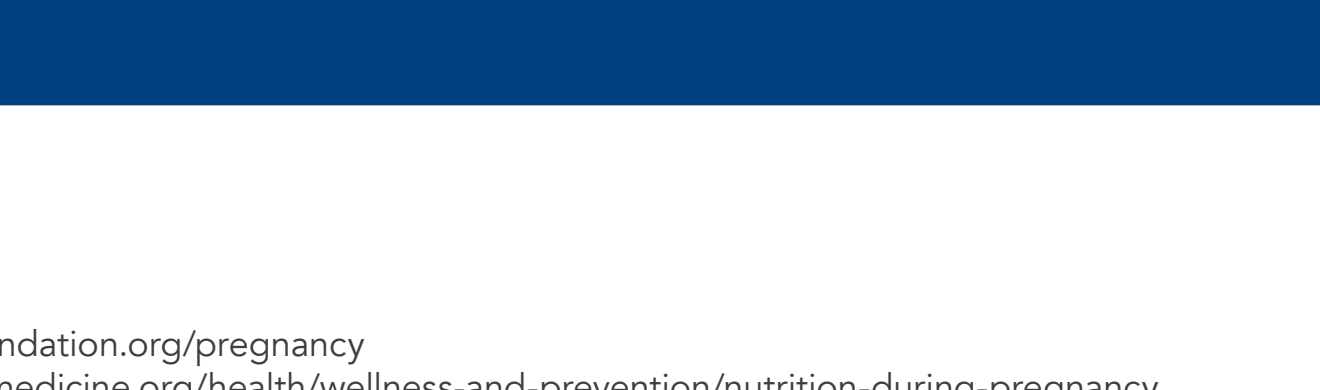
If you're feeling down or anxious, don't be afraid to reach out for help – talking about how you feel with someone you trust may help improve your mental well-being during this time in your life.

**Practicing self-care during pregnancy can empower mothers with a sense of control over their own lives and bodies, helping them to make informed decisions about their pregnancy journey.**

NCHS Pregnancy Services provides resources to families experiencing unplanned pregnancies, including education and support, as they build a plan that works best for them. With access to the appropriate information and resources, parents can make a plan tailored to their needs. You don't need to be alone on this journey.

Contact NCHS Pregnancy Services today.

[nchs.org/pregnancy-services/](https://nchs.org/pregnancy-services/)



**Sources:**

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