

Mood Changes in Pregnancy

What can cause them?

Pregnancy is a transformative time for our bodies, relationships, and lifestyle. These changes can have an affect on our mood and self-esteem.



My Strategies:

When I am feeling anxious or low, I will:

- 1) _____
- 2) _____
- 3) _____

Other Helpful Resources:

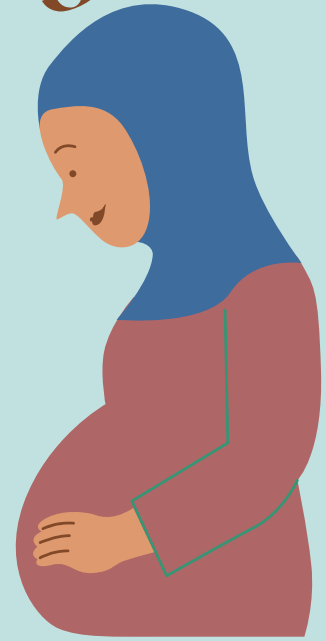
- **Hormonal changes** affect our brain chemistry, which can impact mood
- **Body changes** like weight gain, or stretch marks, can lower self-esteem
- **Role transitions**, like becoming a new parent or entering maternity leave may be stressful
- **Financial pressure** due to the expense of a newborn may cause stress
- **Relationship changes** with partners, family, or friends can lead to feelings of isolation
- **Fatigue** or **sleep difficulties** during pregnancy can impact mood
- **Stress** and **anxiety** about caring for a new baby can be overwhelming

- **MindShift CBT App:** track mood and develop tools for coping with anxiety
- **Headspace App:** guided meditations, including some that help with sleep!
- **Down Dog Prenatal Yoga App:** yoga practice specifically for pregnancy!



If your symptoms are not improving, talk to your midwife or family doctor about options for managing your mood. If you are in a mental health crisis, call COAST (905-972-8338) or visit the emergency department at your closest hospital.

Mental Health During Pregnancy



PRENATAL PEER SUPPORT GROUP

**FREE • VIRTUAL • DROP-IN
FIRST MONDAY OF THE
MONTH @ 7:30PM**

email crownpointmidwives@gmail.com
follow [@hamiltonpostpartum](https://www.instagram.com/hamiltonpostpartum)
www.hamiltonpostpartum.ca

If you are experiencing mood concerns, you are not alone. As many as 1 in 5 people experience depression and/or anxiety while pregnant.

Making Sense of Symptoms

Some of the symptoms of depression and anxiety are similar to the symptoms of pregnancy.

- Lack of energy
- Changes in sleep, appetite, and libido
- Difficulty concentrating

If you're also experiencing any of the following symptoms, talk to your healthcare provider about how you're feeling.

- Feeling sad, empty, hopeless, or numb
- Loss of interest in previously enjoyed activities
- Excessive anxiety, restlessness or irritability
- Feelings of guilt
- Crying spells
- Thoughts of self-harm or suicide

You may be more vulnerable to anxiety or mood disorders in pregnancy if you:

- Have a personal or family history of anxiety, depression, or another mental illness
- Stopped antianxiety or antidepressant medication before pregnancy
- Have a history of severe PMS
- Feel isolated or unsupported
- Have an unplanned or complicated pregnancy

Strategies to Promote Positive Mental Health in Pregnancy

There are many ways to improve mental wellbeing during pregnancy, but there's not a one-size-fits-all solution. Consider which of the following strategies might work for

••••• you •••••

- **Eat healthily:** eat well-balanced, nutritious meals and drink enough water
- **Exercise:** inactivity can make our mood worse – stretch and move your body, even a 10-minute walk outside can help improve mood
- **Pamper yourself:** indulge in something that makes you feel good, like a bubble bath, massage, cup of tea
- **Try mindfulness:** breathing exercises, yoga, and meditation can help us be in the present moment
- **Improve your sleep hygiene:** keep a consistent sleep schedule, and avoid using electronic devices around bedtime
- **Journal:** sort out your feelings by writing them down
- **Run errands:** getting tasks done helps us feel accomplished
- **Tidy up:** a clean, decluttered space promotes mental clarity
- **Join a prenatal group:** build a support network of people going through similar experiences
- **Reduce your obligations:** accept help from family and friends, so you can focus on your well-being
- **Go to therapy:** talk therapy can provide you with skills to improve your mood
- **Consider prescription medication:** talk to your family doctor about medications that are safe to take in pregnancy

