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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Anxiety and Pregnancy

By Jacob Felts

Women and babies have been interrelated since the very beginning. It is a natural phenomenon and

there is nothing unusual about it. All young women want to bear a child or in other words become a mother. These days even for a career woman the desire to give birth to a child and become a mother is bound to catch up and no other joy can ever replace the joy of becoming a mother in the hustle bustle of everyday life. There are several expectant mothers who suffer from severe stress and emotional turmoil and now the question arises that can pregnancy and the anxiety related to becoming a mother can bring her joy and contentment, equally?

The answer to this question varies from woman to woman. A part of the past life of the expecting mother is always to be brought to light especially when she is going to give birth to a new life.

What things might make it more stressful?

During pregnancy, a woman spends most of her time thinking and being drowned in her thoughts most of the times. The common thoughts during this time are will her new born be normal? will she fail as a mother? Will her baby have to go through the same problems as she had to go in her adolescence? etc etc. This is quite expected as this is a preparatory stage for the mother to love the baby who is growing inside her womb and also her body is preparing to adapt to the changes to meet the demand of the new life which is growing inside of her.

It is seen in most cases that the anxiety during pregnancy triggers stress in the woman. The other factors that might lead to rigorous stress during pregnancy are:

- A current miscarriage: This shakes the woman's confidence and the woman tends to wonder whether she will ever experience the joy of becoming a mother and see her baby cry for the first time.
- A uncertain income during the pregnancy
- An inconsistent relationship with the baby's father
- No emotional and moral support
- Unexpected and unwanted pregnancy that might mess up other plans of life.

It is very essential to be mentally stable during pregnancy and settle all the worries and doubts with her

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close friends, family members and doctors. It is not impossible to deal with anxiety and pregnancy. Like other crisis of life, pregnancy and anxiety can be very easily dealt with. The pregnant woman is the right person to determine what is best for her baby. No matter what all expecting mothers want to emerge as the best mother and would always want to do the best for the welfare of her child.

However, note that anxiety and pregnancy do not bear good results for the child. Several studies reveal the fact that if the mother is stressful and over anxious during her pregnancy then her baby is bound to develop stressful behavior later in life. Between the 12th and 23rd weeks the baby in the mother's womb is mostly likely to be affected by its mother's stress and anxiety.

What good can come out of it?

Other than harboring some negative thoughts the expecting mother makes preparations to deal with anxiety and pregnancy. Several bodily changes take place during pregnancy.

One of the major concerns during this time is that whether their anxiety disorders will affect the unborn and worsen the pregnancy conditions and also after the baby is born whether they will be able to take care of the baby properly or not. Obviously, a great concern is whether or not the symptoms of their anxiety disorder will worsen during the pregnancy, and if they will be able to care for the baby after it is born. Whether intake of different medicines will affect the baby or not is also a cause of concern. All these thoughts however can elevate the levels of stress in the expecting mother.

The following facts can offer some hope for anxiety and pregnancy:

- During the pregnancy period and breast feeding period the medicines for anxiety disorders are quite safe for the baby.
- About 40% of women experience a precise decrease of the anxiety pattern during pregnancy. However during postpartum the set of anxiety symptoms may return.
- The intake of medicines for anxiety disorders by the expecting mother can actually help in preventing the development of anxiety disorders in the baby later in life. If the mother's symptoms are not treated properly then however it may result in lower birth weight of the baby.

What can be done during pregnancy to deal with anxiety?

About 10% of women develop anxiety symptoms during pregnancy. Following the steps below will definitely help them to deal with the situation in a better way.

- Seek advice from your doctor about your plans to either become pregnant, or that you already are. The doctor's instructions and medications will help you to deal with your anxiety and pregnancy strategically.
- Bond with your partner in a more strong and intimate way. This would ensure support and love which would help in dealing with the situations in a better way.
- Relax. Pursue hobbies according to your liking. Talk to your friends, go for walks, practice gardening. All these activities will divert you mind and keep your stress under control.

·Open up to your husband or partner and close friends and discuss your causes of stress. This will definitely help.

<http://www.anxietycure.org/anxiety-and-pregnancy.html>

Get more information on anxiety and pregnancy here.

Jacob Felts is the author of

<http://www.anxietycure.org>

– Learn about

anxiety and chest pain here.

Pregnancy Guide Selection Tips

By Mandy Robinson

>From the moment you find out that you are pregnant, expecting mothers immediately begin to worry about planning for a successful pregnancy and in addition for their bundles of joy. Planning is perhaps the most important thing you can do during your pregnancy, so finding a quality guide is of the utmost importance to helping you organize for success. You may be issued with some kind of brochures from your doctor at your first medical check-up where your pregnancy is officially confirmed, or you may be given something by friends who have already had babies. Read through the guide you are given, and see if it matches your ideal pregnancy in your mind.

1. Pregnancy Guides In A Nutshell

– Pregnancy follows a set pattern of development – What to expect with your body during each of the three trimesters – Hints on how to prepare for the actual birth of the baby – Diet advice – Exercise advice

2. Generic Pregnancy Guides

For many women, a generic pregnancy guide is sufficient to give them the information they require. Of course, depending on your personality you may want to explore other books to see if they are better suited to you. For example, do you want a pregnancy guide that not only informs but also encourages you to use the book as a record of your pregnancy by having space for you to write in your weight at the various stages?

3. Teen Pregnancy

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If you are a teen mother– to– be, or this is not your first child, then you may prefer a pregnancy guide that speaks to you and offers more specific advice. It could be that you prefer to know all the symptoms of the various complications of pregnancy so that you are prepared, or perhaps you prefer a book that doesn't give you nightmares.

4. Diabetes Also, Other Conditions

For those with diabetes or other specific conditions, there are pregnancy guides that will apply specifically to you and can help you to plan on adjusting your dietary intake for your condition.

For more great pregnancy related articles and resources check out

<http://fab-pregnancy.info>



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