

How to deal with first trimester anxiety

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 at bay.

- ☆ Ask trusted people to lend an ear. Talking helps.
- ☆ Try not to feel guilty or embarrassed.
- ☆ Try to keep active, it's good for you and baby.
- ☆ Try and rest up when needed.
- ☆ Try for some 'me time' at least once a day. Maybe with a warm bath or a podcast on a walk?
- ☆ Ask nearest and dearest for practical help. Cooking, shopping, taking care of kids, whatever helps take a load off.
- ☆ Consider meeting up with people in the same boat. Ask a GP or midwife for forums or local groups.
- ☆ Try to take a break from coffee. There's a recommended limit to caffeine during pregnancy and it can increase anxiety.
- ☆ Eat well. Proper nutrition is essential. Now, more than ever.
- ☆ Try complementary therapies like relaxation massage or meditation. Mindfulness apps are helpful.
- ☆ Try simple breathing exercises for stress.
- ☆ Try planning ahead. Writing down small steps each week can help you get back in control.
- ☆ Turn to a healthcare professional if you need more support.