

Stress during Pregnancy

While some extent of stress during pregnancy is natural, **prolonged or excessive stress** can have harmful effects on the mother and her child during pregnancy as well as later on in life.

CAUSES

Pregnancy-Specific

- Parenting stress
- Pregnancy discomforts
- Pregnancy development



Psychosocial

- Relationships issues
- Living conditions
- Natural disasters



EFFECTS

Mother

- Depression
- Anxiety
- Sleeping problems
- Addictions
- Poor postpartum care

Baby

- Premature birth
- Low birth weight
- Cognitive impairment
- Behavioral issues
- Lowered immunity



MANAGEMENT

- Identify stressors
- Reduce stress naturally
- Maintain a stress-free outlook



Stress And Pregnancy

L Darling-Hammond



Stress And Pregnancy:

Discover tales of courage and bravery in is empowering ebook, **Stress And Pregnancy** . In a downloadable PDF format (Download in PDF: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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