

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

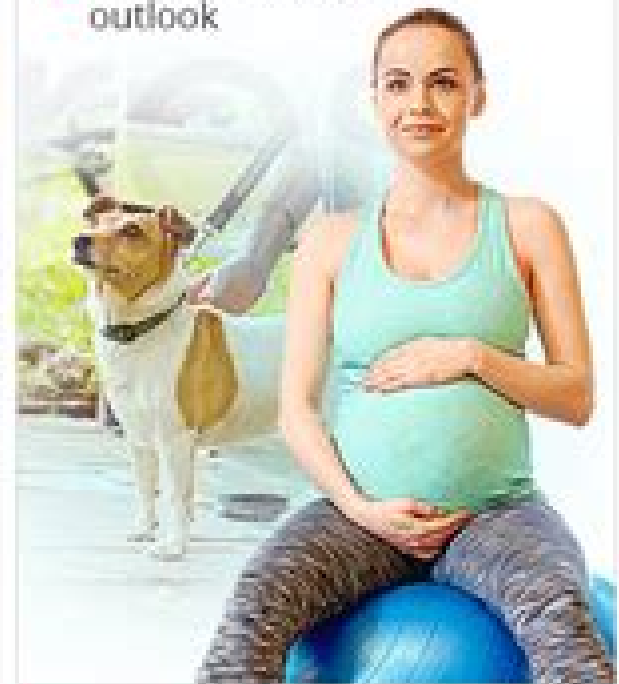
Baby

- 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

Pierre Pontarotti



Stress And Pregnancy:

Fuel your quest for knowledge with is thought-provoking masterpiece, Explore **Stress And Pregnancy** . This educational ebook, conveniently sized in PDF (PDF Size: *), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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