

## Card 4: Self Help Techniques for Handling Mental Health Problems in Pregnancy

As a front line worker, you can teach the women simple techniques to handle common mental health problems such as anxiety or depression.

### Square Breathing

A simple breathing technique to relieve stress.



### Mood Chart

Use the chart below to identify the woman's mood and understand how she may be feeling.



# Technique Of Self Help Psychiatry

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## **Technique Of Self Help Psychiatry:**

## The Enigmatic Realm of **Technique Of Self Help Psychiatry**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Technique Of Self Help Psychiatry** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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