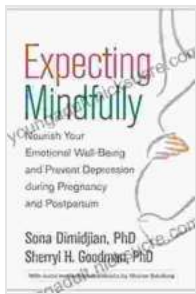


Nourish Your Emotional Well Being And Prevent Depression During Pregnancy And After Giving Birth

Depression is a common mental health disorder that can affect pregnant women and new mothers. In fact, it is estimated that up to 20% of pregnant women and 15% of new mothers experience depression.



Expecting Mindfully: Nourish Your Emotional Well-Being and Prevent Depression during Pregnancy and Postpartum by Donna Mott

★★★★☆ 4 out of 5

Language : English
File size : 765 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 212 pages



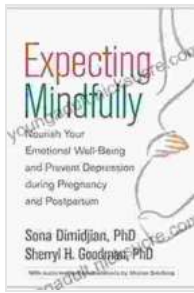
There are many factors that can contribute to depression during pregnancy and after giving birth, including hormonal changes, sleep deprivation, and the stress of caring for a newborn.

While depression is a serious condition, it is important to know that it is treatable. There are many things you can do to nourish your emotional well-being during pregnancy and after giving birth and prevent depression.

Here are some tips:

- **Get regular prenatal care.** This will help you to stay healthy and monitor your emotional well-being.
- **Talk to your doctor about your feelings.** It is important to be open about your thoughts and feelings, especially if you are feeling down or anxious.
- **Join a support group.** Connecting with other pregnant women or new mothers can help you feel less alone and provide you with support.
- **Exercise regularly.** Exercise can help to improve your mood and reduce stress.
- **Get enough sleep.** Sleep deprivation can worsen depression, so it is important to get enough rest.
- **Eat a healthy diet.** Eating a healthy diet can help to improve your overall health and well-being.
- **Take care of yourself.** Make time for yourself to relax and do things you enjoy.
- **Seek professional help if needed.** If you are struggling with depression, it is important to seek professional help. A therapist can help you to identify the root of your depression and develop coping mechanisms.

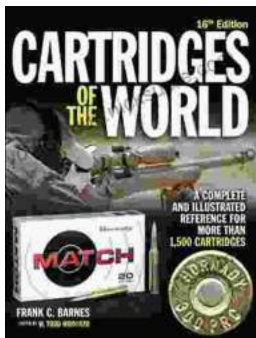
Depression is a serious condition, but it is treatable. By following these tips, you can nourish your emotional well-being during pregnancy and after giving birth and prevent depression.



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