

- finding yourself repeating an action (like washing, checking, counting) to feel better
- finding your thoughts race and you become extremely energetic and happy
- feeling you are so afraid of giving birth that you don't want to go through with it
- continual thoughts that you are an unfit mother or that you're not attached to the baby
- thoughts about self harm or suicide

You should also tell your midwife or doctor if you have (or have had) an **eating disorder**, as you may benefit from additional support to deal with your body's changes through pregnancy and beyond.

Tips for improving your mental wellbeing in pregnancy

It may seem like everyone else is happy and coping, but it doesn't mean they are. Lots of women feel low in pregnancy, but many women who feel down may try and hide it. Here are some tips to improve your emotional wellbeing:

Exercise and eat well

Swimming, walking, running, dancing, yoga - whatever works for you - keep doing it through pregnancy. Exercise gives you a chance to focus on something different, and is great for you and your baby's health. A surge of endorphins, or stress-relieving stretches, can help you feel good and sleep better. See page 29 for more information on exercise.

Good nutrition will keep you healthy and help your baby grow and develop.

Take time out for yourself every day

Do something you enjoy that's just for you: take a warm bath, chill out to some music, close your eyes, massage your bump – whatever makes you feel peaceful. Doing this will also help your baby's brain to develop.