

Meditation, breathing techniques or hypnobirthing

Many women find meditation and breathing techniques not only help them to relax in pregnancy, but can also help to manage pain in labour. Ask your midwife what classes are available at your maternity unit.

Talk to someone you trust

Getting things off your chest and talking your worries through with an understanding and trustworthy friend, family member or colleague at work can make all the difference. Talk about how you're feeling.

Ask for practical help from family or friends

If you're struggling to cope physically or emotionally with your pregnancy - get some help. Whether it's help with housework, or shopping, or if you have other children, some childcare, try not to exhaust yourself and rest when you need to. If you do not have close supportive relationship, talk to your midwife about how you feel.

Consider talking therapies

Sometimes it's easier to talk to someone that doesn't know you. It can be a space to voice all your worries and try to make sense, or control some of the negative thoughts you might be having.

Talking therapy services can provide support to those experiencing symptoms of anxiety or depression. Priority is given to pregnant women and new parents. You can either self-refer over the phone or online, or ask your midwife or GP to do it for you. The service is free and aims to be flexible around your needs.

www.LLTTF4suffolk.com

www.wellbeingnands.co.uk

www.maternalmentalhealthalliance.org

www.northessexiapt.nhs.uk