

Why Emotions Run High

- Pregnancy causes surging hormones that help with body functions but also create radical fluctuations in mood.
- These hormonal changes can make emotions feel more intense and trigger mood swings.
- Self-Care Tips for Managing Emotions
- Accept your feelings and emotions without guilt.
- Ask friends, family, and loved ones to be understanding of mood swings.
- Get plenty of rest.
- Make time for fun and activities you enjoy.
- Eat healthy foods for physical and mental well-being.
- Exercise, even if you don't enjoy it—it benefits both mental health and the baby.
- Ask for help when you need it; there's no shame in seeking professional support.

Depression in Pregnancy

- Up to 23% of women experience depression during pregnancy.
- Depression during pregnancy should be treated by a doctor.
- Untreated depression is harmful to both the mother and the baby.
- It's important not to suffer alone—reach out for help.

Encouragement

- Pregnancy is an intense spiritual and emotional journey.
- While it can be challenging, the joy of holding your newborn often outweighs the struggles.

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