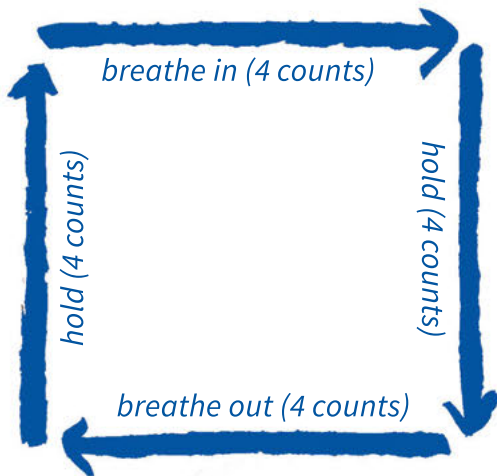


# Card 4: Self Help Techniques for Handling Mental Health Problems in Pregnancy

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

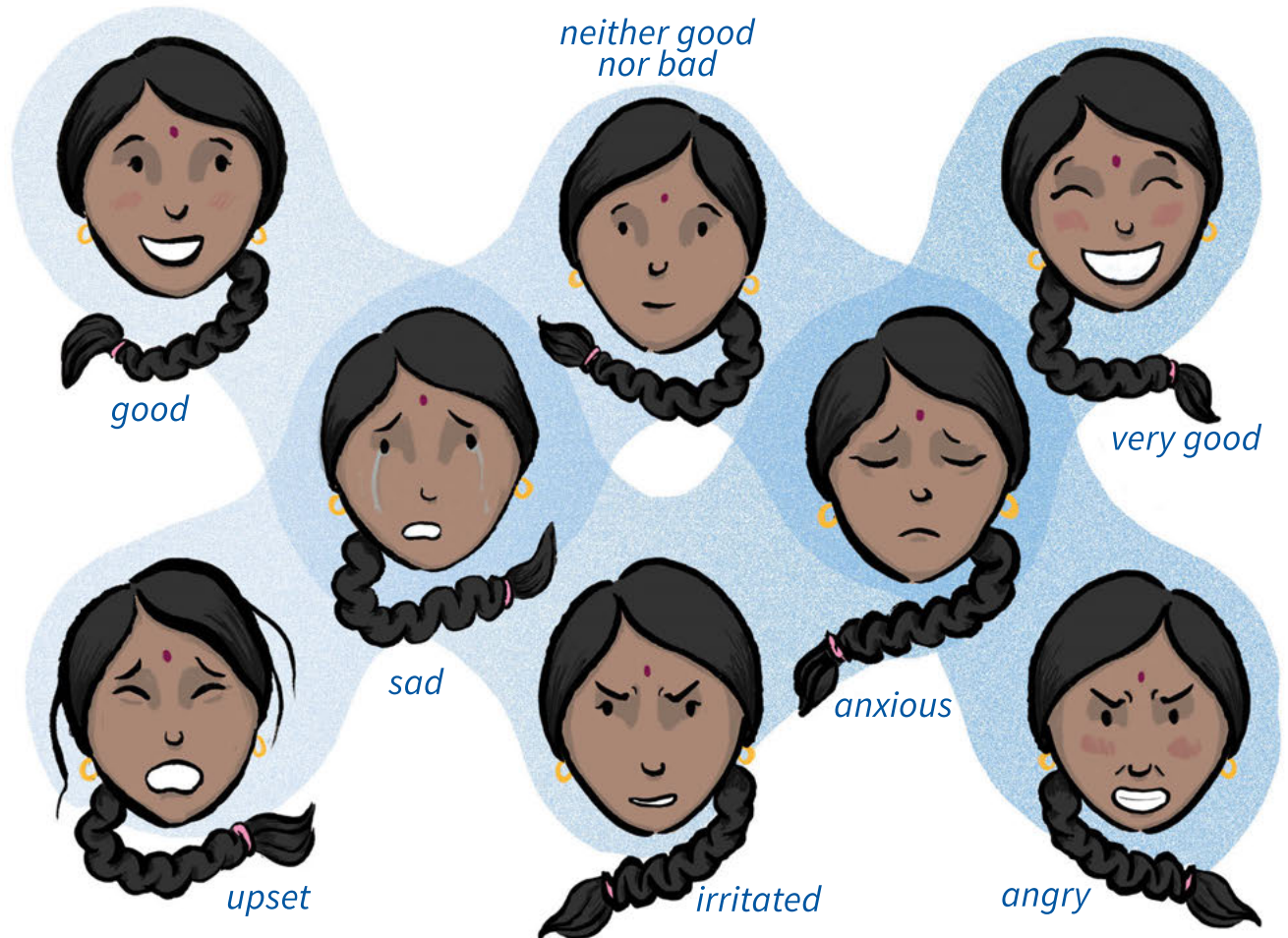
## Square Breathing

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.

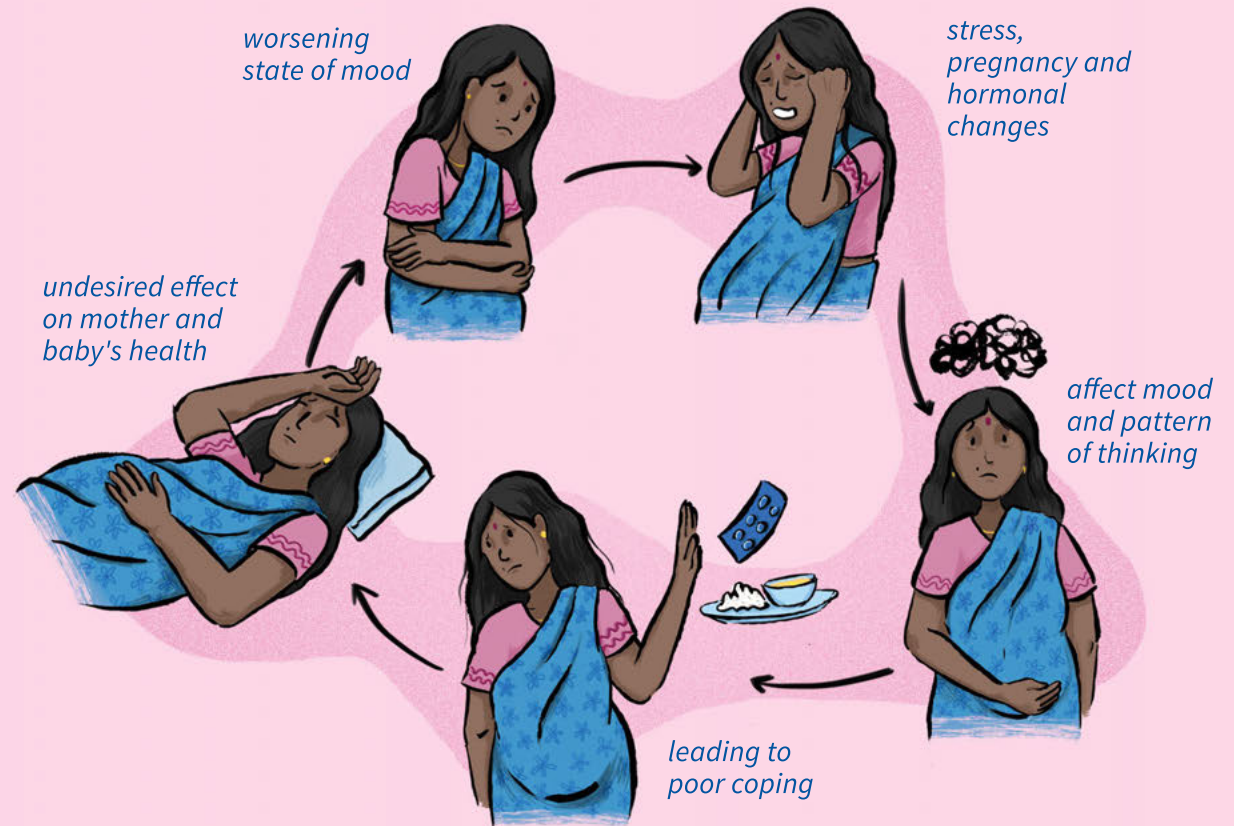




## Negative Thoughts and Emotions

When a woman is sad or depressed, she may have a lot of negative thoughts which then has an effect on her mood.

Explain this cycle: “The stress of daily life and hormonal changes can affect the mood of a pregnant woman and may affect the nature of thoughts. If one has negative or pessimistic thoughts it leads to poor problem solving and poor coping with difficulties which leads to further negative mood. I would like to help you break this cycle.”



## Handling Negative Thoughts and Emotions

