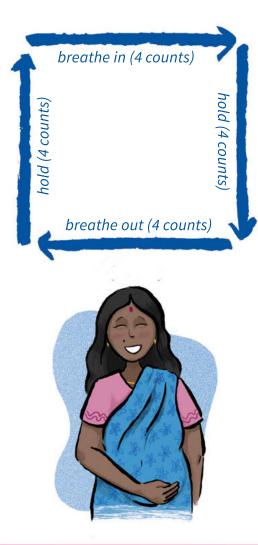
Card 4: Self Help Techniques for Handling Mental Health Problems in Pregnancy

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

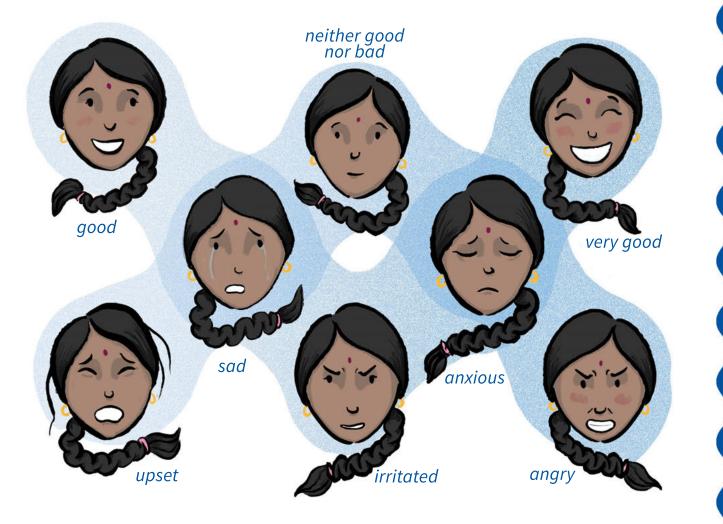
Square Breathing

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.



stress. worsening pregnancy and state of mood hormonal changes 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. undesired effect on mother and Explain this cycle: "The stress of daily life and baby's health hormonal changes can affect the mood of a affect mood pregnant woman and may affect the nature of and pattern thoughts. If one has negative or pessimistic of thinking 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." leading to poor coping Handling Negative Thoughts and Emotions feelinas thoughts Not making effort to learn about I am not going to be a good mother. Feeling low, poor confidence. UNHEALTHY infant well-being. CYCLE I am sure to have a difficult childbirth - it is my luck. Feeling helpless or sad. Not seeking help. Motherhood is going to be tough, but I'll try the best Feeling hopeful, increased Making an effort to learn about **HEALTHY** I can and seek help and advice from others. infant well-being. confidence. CYCLE Looking after my health is under my control. Feeling positive, better mood. Seeking help.