

## **Managing Stress During Pregnancy | Kaiser Permanente**

[Music]

Stress reduction in pregnancy is a very complicated topic, and it really centers around trying to reduce the things that are causing you stress. What I recommend is finding an outlet for your stress relief, whether it be meditation, whether it be joining a yoga group, sometimes even seeing a counselor or seeing somebody to talk about the stress that you're enduring.

So, it's important to have the conversation with your healthcare provider about your daily activity and your daily routine.

Now, it's very much recommended for women to work during their pregnancies. It helps maintain activity. It helps prevent excessive weight gain. But in general, trying to eliminate those factors that are leading to that stress will absolutely lead to a more enjoyable pregnancy.

As we continue through each trimester, you can modify your activity so that you're able to maintain a good quality of life throughout the pregnancy.

[End of recording]