

- Pregnancy brings changes big and small and with the added stress of dealing with COVID-19, you may be feeling overwhelmed. It is important to remember to step back and prioritize your own self-care.
- Simple things like getting enough rest, eating well, exercising regularly and seeking support from trusted friends and family can increase your resilience in stressful times.
- Kaiser Permanente also has free tools to help you with emotional wellness, such as myStrength, which you can access through the health and wellness tab on kp.org. There you will find resources on pregnancy, early parenting, reducing stress and controlling anxiety.
- Sometimes during stressful times, some partners do not react well and some people can become overwhelmed. If you find that you are struggling during this period with depression or substance abuse or are suffering from intimate partner violence, please let us know. We can connect you with resources and help you develop a safety plan.
- Kaiser Permanente cares about the health and safety of you and your baby. The more you can do to keep yourself healthy and balanced, the more you'll be helping your baby feel safe and calm.