

3 ways to deal with stress during pregnancy

Sadly, any stress you had before you got pregnant doesn't disappear or go on hiatus along with your period. (Although that would be nice.) Here are a few stressors that may sound familiar: Can I afford this baby? How will I function as a sleep-deprived person? Am I healthy enough for my growing baby? Will I ever feel confident in body again? How will I cope with work while feeling so awful? We can go on... but we won't. When you find yourself working yourself up into a pregnancy tizzy, take a deep breath and...



1. Recognize that worrying is par for the course

Whatever worry thoughts are running through your head, it's important to know that you're not alone. Early pregnancy can be a doozy for many women. Besides the weepiness (totally normal), you may be dealing with new anxieties that didn't surface until you were expecting. So if you're a little more on edge than usual, try not to add to stress by labeling it "wrong." If you're concerned that you're experiencing above-normal levels of anxiety, we're here to help. Take [this assessment](#) to see how severe your symptoms are and share your results with a [Maven Mental Health provider](#).

2. Remind yourself that you don't have to have all the answers now

One thing that intensifies anxiety is a pressure to have all your worries resolved today. Most likely, however, things can wait. Even if pressures feel real (because they are), you can remove the burden of needing to have everything figured out ASAP—like how you're going to pay for your kid's college tuition.

3. Learn to ask for help

If you've been self-reliant all your life, it can be hard to lean on others. But there's no better time to learn that important skill. Reaching out for support may alleviate some of the pressure you feel now, and also set you up with a team of allies who can be there for you after you have the baby.

Want to talk about it?

It can be intimidating to seek help, we get it. If you're feeling down or just not like yourself, know that we're here for you. With Maven you can:

- Book a video chat with a Mental Health Provider, anytime day or night
- Find clinically-vetted mental health resources
- Chat with one of our maternity experts to ask your questions
- Talk to your own dedicated Care Advocate and create a personalized plan for your mental health journey

A screenshot of the Maven app interface. It features a circular profile picture of a woman, Nashay Lorick, with a green background. Below the photo, her name 'Nashay Lorick' is displayed in a large font, followed by 'Mental Health Provider' and '14 years of experience'. Underneath, there is a section titled 'Today's availability' with four time slots: 10:00 AM, 10:30 AM, 11:00 AM, and 11:30 AM, each in a light green button.

Scan the QR code or [click here](#) to see if you have free access to Maven today!

