

Pregnancy Mental Wellness

A weekly guide for emotional balance and self-reflection

WEEK

EMOTIONAL THEME

WELLNESS PRACTICE

NOTES / MOOD

4-8

Acceptance: Navigating the initial shock or excitement; managing fatigue.

Practice deep breathing for 5 minutes when nausea or anxiety hits.

9-12

Patience: Handling the "waiting game" for first trimester milestones.

Journaling: "Three things I am grateful for about my body today."

13-16

Renewal: Energy levels often return; focusing on the shift in identity.

Gentle movement or prenatal yoga to reconnect with physical self.

17-20

Connection: Feeling first movements; bonding with the growing life.

Guided meditation focused on the bond between parent and child.

21-24

Balance: Managing work-life transitions and future planning.

Set boundaries. Practice saying "no" to non-essential stressors.

25-28

Confidence: Educating yourself on birth; overcoming fears.

Positive affirmations: "My body is capable, strong, and prepared."

29-32

Nesting: Channeling nervous energy into preparation.

Digital detox: Limit scrolling for 2 hours before sleep.

33-36

Stillness: Managing physical discomfort through mental calm.

Body scan meditation to release tension in hips and back.

37-40+

Surrender: Releasing control over the timing; embracing the unknown.

Focus on the present moment. Rest is the primary goal.

This chart is for informational purposes only. Consult a healthcare professional for clinical support.