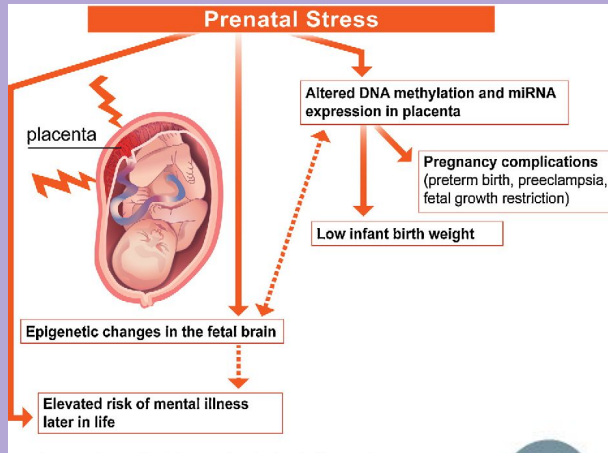


Stress and Pregnancy: How prenatal stress can have lifelong effects on your child and grandchild

We all know that stress isn't good, but what makes it especially bad during pregnancy?

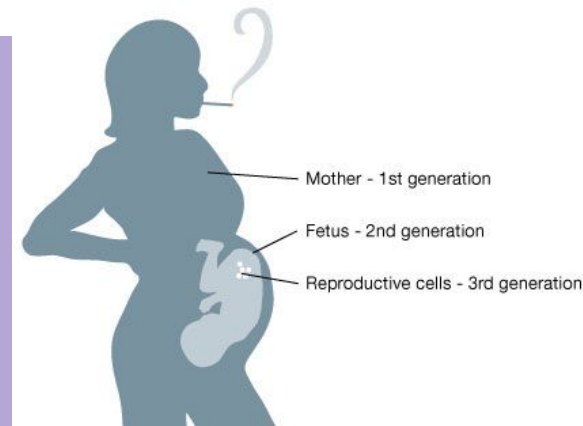
High Prenatal Stress Levels Increase the Risk of:

- Schizophrenia
- ADHD
- Autism
- Anxiety and Depression related disorders



Prenatal Stress is Transgenerational

Prenatal behavior not only affects your child, but your grandchildren



Stress isn't always avoidable, and that's OKAY!



Breaking up the consistency of stress and decreasing its effects when present are what's important!

How can I reduce my stress levels?

The American Pregnancy Association Recommends:

- Pinpoint what triggers your stress
- Allow yourself time to rest
- Eat well-balanced meals
- Get 30 minutes of mild to moderate exercise a few times a week
- Meditate or find other calming activities to clear your mind
- For extreme stress, seek out a therapist or medical professional to determine healthy coping strategies

Works Cited

- Babenko, O., Kovalchuk, I., & Metz, G. (2014). Stress-induced perinatal and transgenerational epigenetic programming of brain development and mental health. *Neuroscience and Biobehavioral Reviews* 48 (p. 70-91).
- "How to Treat Stress During Pregnancy." American Pregnancy Association, 24 Sept. 2019, americanpregnancy.org/naturally/treat-stress-naturally-pregnancy/
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