

# Pregnancy Mental Health Worksheet

1. Think about the situations, emotions, or physical changes that trigger mental health challenges during pregnancy. Describe them in detail.

*Example: "I feel anxious when I think about labor and delivery, and I get stressed when I worry about balancing work and parenting."*

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2. List the specific emotions you experience in relation to these triggers. Reflect on why you feel this way.

*Example:*

- *Anxiety about labor and delivery*
- *Stress about balancing work and parenting*
- *Mood swings due to hormonal changes*
- *Fear about the health of the baby*

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3. Identify the physical symptoms you experience as a result of pregnancy that impact your mental health.

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4. Identify any irrational or distorted thoughts related to your pregnancy and its impact on your mental health. Challenge these thoughts with more balanced and realistic perspectives.

*Example:*

*- Irrational Thought: "I won't be a good mother."*

*- Realistic Thought: "I am capable of learning and growing into the role of a mother. I can seek support and guidance when needed."*

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5. Create a list of coping strategies to help you manage the mental health challenges of pregnancy. These can include relaxation techniques, healthy distractions, and seeking support.

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6. Identify professionals who can support you in managing your mental health challenges during pregnancy. Consider therapists, counselors, support groups, or healthcare providers.

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