

PREGNANT, POWERFUL, & POSITIVE.

TOP 4 POSITIVITY TIPS FOR EXPECTANT MOTHERS

Just as it is important to fuel your body with the proper nutrition you must feed your mind good thoughts. Often our thoughts influence the outcomes of events in our daily lives, both positively and negatively. Good thoughts and positive thinking reduces stress, gives you better health outcomes, decreases depression, increases lifespan, and makes you a happier person overall. People who are optimistic are better able to deal with unpredictable circumstances. Here are four habits you can incorporate daily to help shift your mindset to help you get where you want to be.

GRATITUDE

Drinking plenty of water is important! The amount of blood flowing through your body increases when you are pregnant, and you need more fluids to balance the extra blood. Add lemon to the water to help with nausea and decrease swelling.

VIZUALIZE WHAT YOU WANT

During pregnancy hormone levels change and eating regularly helps to regulate them; you need more of everything (not a lot more) because you need extra nutrients, vitamins and minerals for you and your baby. The baby will take what it needs from you and if you don't eat appropriately your body will be depleted.

CHANGING YOUR THOUGHTS

No one is perfect or can eat perfectly all the time. If your body is craving something don't beat yourself up or try to resist it. Listen to your body. It is telling you what it needs. Aim for eating your most nutritious meal(s) when you are feeling your best. If you feel best in the morning eat it then. If you feel best around two o'clock eat it then. Remember, if you feel great first thing in the morning you don't have to eat a breakfast meal - you can eat any healthy meal.

PERSONAL TIME

Eating protein when you take your prenatal vitamin (ex. lean meats, eggs, nuts, beans, protein shakes) will help cut down on nausea and help you feel better.

Remember that mindset is a journey. You take steps each day to work on it. You don't have to be perfect just be better than you were yesterday.

FOR MORE INFORMATION ABOUT:

*An Empowering Pregnancy
A Healthy Postpartum Experience
Emotional Wellbeing and Mindset*

And to create your personal plan for a comfortable pregnancy, safe delivery, and speedy recovery...

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