

a. Sharing Your Feelings

MODULE 1

Pregnancy is a normal step in life, but it is also a time when you have to face many changes. Even if you and your partner are happy about the pregnancy, all these changes can be stressful for the couple.

If important events happen in your life that increase your level of stress, try to get outside help to decrease this stress.

Here are a few tips to decrease your level of stress.



Don't let your worries pile up. Talk about your problems and solve them before they take over. If you feel overwhelmed by certain events and can't find a solution, you may need professional help. For your well-being and the well-being of your baby, do not hesitate to ask for help.