

All You Should Know About Pregnancy Mood Swings

PREGNANCY - COMMON SYMPTOMS AND CARE TIPS

ARTICLE

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You are probably familiar with mood swings if you are pregnant or assisting someone who is pregnant. You are not alone; mood swings during pregnancy are common.¹

Why is crying a lot considered a sign of pregnancy?

• You are probably familiar with mood swings if you are pregnant or assisting someone who is pregnant. You are not alone; **mood swings during pregnancy are common.**

• You may be excited to be expecting a child, but you **may also feel pressured or overwhelmed.** You may be worried all the time, which contributes to your mood swings.



• Pregnancy is a life-altering experience that involves both **physical and emotional changes.**

• **It will be easier for you to have a positive experience if you are aware of these changes.** It may be beneficial to speak with a professional about these changes and concerns.

What causes mood swings during pregnancy?

• **Physical stresses, fatigue, changes in metabolism, and the hormones estrogen and progesterone** can all cause mood swings during pregnancy.

• **Significant changes in your hormone levels can affect your neurotransmitter levels,** which are brain chemicals that regulate your mood.



• **Mood swings are most common between 6 and 10 weeks of pregnancy** and then again in the third trimester as your body prepares for birth.

What should I do to treat my mood swings?



• When you're sick and fatigued, it's difficult to think properly or feel optimistic. **Taking good physical care of yourself, particularly getting sufficient rest and sleep,** will aid in the management of problematic emotions.

• It's also crucial to consume multiple small healthy meals throughout the day and to avoid **sugary foods, tea, coffee, and carbonated beverages.**

• Gentle to moderate exercise can **help you feel better and increase your overall fitness, as well as benefit your growing baby and labor.** Every day, try to include some physical activity. **Avoid contact sports and intense exercise, especially if you were not active before becoming pregnant.**

• If you can, reduce other sources of stress and discover measures to **improve your mental well-being.**

• Rather than feeling overwhelmed by worries, **try to deal with them one at a time.**

• **Let's talk about it.**

- Keeping your worries bottled up will just **make you feel more anxious.**
- Talk to anybody you feel comfortable with about your feelings and concerns. **It may be your partner, your friends, your wider family, or your midwife.**
- Speaking with other women or couples may also show that **your experiences are not unique.**

• **Be present at the moment.**

- Limit the time you spend brooding over your worries and take a break from thinking about the future. **Instead, concentrate on your unborn child and enjoy your pregnancy.**
- Many expectant mothers find that practicing mindfulness methods or doing something they enjoy is beneficial. **Mindfulness can help your brain relax and stop worrying, improving your mood and allowing you to see things more clearly and in context.**
- **Music can help you relax and feel better** during pregnancy by soothing your emotions and improving your mood.
- On days when they're feeling down, **some mothers like to retain photos or diaries** to remind them of happier moments.
- Writing down your feelings and how you feel about stressful circumstances **might also help you manage your stress and anxiety.**



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2. [Mood Swings During Pregnancy](#). [Therapies for Women's Mental Health](#). 2018. Available at: [https://www.therapiesforwomen.com/mood-swings-during-pregnancy.html](#)
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- You are probably familiar with mood swings if you are pregnant or assisting someone who is pregnant. You are not alone; mood swings during pregnancy are common.¹
- You may be excited to be expecting a child, but you may also feel pressured or overwhelmed. You may be worried all the time, which contributes to your mood swings.¹
- Pregnancy is a life-altering experience that involves both physical and emotional changes.¹
- It will be easier for you to have a positive experience if you are aware of these changes. It may be beneficial to speak with a professional about these changes and concerns.¹

What causes mood swings during pregnancy?¹

- Physical stresses, fatigue, changes in metabolism, and the hormones estrogen and progesterone can all cause pregnancy mood swings.
- Significant changes in your hormone levels can affect your neurotransmitter levels, which are brain chemicals that regulate your mood.
- Mood swings are most common between 6 and 10 weeks of pregnancy, and then again in the third trimester as your body prepares for birth.

What should I do to treat my mood swings?²

- When you're sick and fatigued, it's difficult to think properly or feel optimistic. Taking good physical care of yourself, particularly getting sufficient rest and sleep, will aid in the management of problematic emotions.
- It's also crucial to consume multiple small healthy meals throughout the day and to avoid sugary foods, alcohol, tea, coffee, and carbonated beverages.
- Gentle to moderate exercise can help you feel better and increase your overall fitness, as well as benefit your growing baby and labor. Every day, try to include some physical activity. Avoid contact sports and intense exercise, especially if

you were not active before becoming pregnant.

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- Let's talk about it.
 - Keeping your worries bottled up will just make you feel more anxious.
- Talk to anybody you feel comfortable with about your feelings and concerns. It may be your partner, your friends, your wider family, or your midwife.
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- Be present at the moment.
 - Limit the time you spend brooding over your worries and take a break from thinking about the future. Instead, concentrate on your unborn child and enjoy your pregnancy.
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1. American Pregnancy Association. Mood Swings During Pregnancy. Available at: <https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/mood-swings-during-pregnancy/>. Last accessed at: 28/01/2022
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