Pregnancy - Common Symptoms and Care Tips
Article

All You Should Know About Pregnancy Mood Swings

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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.**[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.[2]
- Pregnancy is a life-altering experience that involves both **physical and emotional changes.**[3]
- **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.[3]

What causes mood swings during pregnancy?[1]

- **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?[1]



- 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.**



REFERENCES

1. [illegible]
2. [illegible]
3. [illegible]

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