

# Mindfulness in Pregnancy



## What is mindfulness?

To be mindful is to live in the here and now, and not to be focused on the past and the future.

People often practice mindfulness through meditation and breathing exercises.

## Why should I practice mindfulness



Mindfulness practice can improve sleep

Mindfulness can reduce anxiety and depression

### **DURING PREGNANCY,**

Birthing people who practice mindfulness

- experience less fear of the delivery
- report feeling less pain during labor,
- lower their risk of developing postpartum depression/anxiety

# Easy Mindfulness Practices

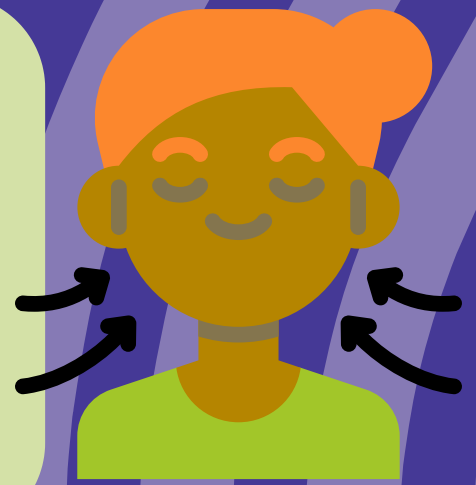
**Seated meditation:** Sit on the floor or on a chair. Set a timer. Focus on the feeling of your breath -the rhythm of the air entering and leaving your lungs, -the coolness as it enters, the warmth as it leaves. Try to fill your lungs and your belly with each breath. When other sensations or thoughts cause your mind to wander, gently bring your focus back to the breath.



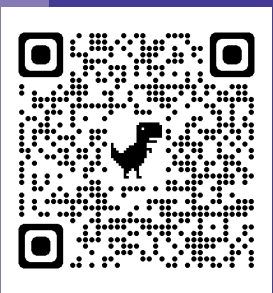
**Walking meditation:** Walk slower than usual. With each step, notice the support of the ground below and sensations in your legs and feet. When thoughts take over, with love bring your attention back to your feet.



Try a breathing exercise: Breath in for a count of four. Pause and hold for a count of four. Exhale for a count of four. Hold for a count of four before beginning the cycle over.

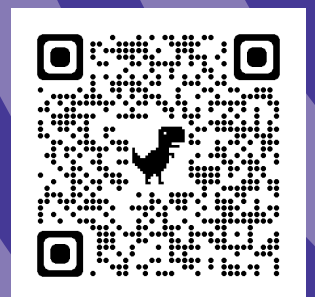


## Guided meditations



Pregnancy specific meditations from **Insight Timer**

Meditations for anxiety and stress from **10 Percent Happier**



# PEACE for MOMS

providing peace of mind for you and for your patient