BettHERHealt

LIFESTYLE

Handling

pregnancy without stress

regnancy is a matter of joy and celebration and not stress. It is a time of many changes. You may welcome these changes, but they can add new pressures to your life. Relieving stress during pregnancy might be easier than you think. When you're pregnant, there

are days when you may cycle through every possible emotion. And one of the most common feelings that many expecting mothers tend to experience throughout their pregnancy is stress—stress about your baby, your body, prepping for the baby's arrival, and life changes. High levels of stress that

continue for a long time may

cause health problems like high

blood pressure and heart disease. During pregnancy, stress can increase the chances of having a premature or lowbirthweight baby, increasing the risk for other health problems. What causes stress during

Here are some common causes during pregnancy:

pregnancy?

pregnancy, like morning sickness, constipation, being tired, or having a backache Your hormones are changing, which can cause your mood swings that

the discomforts of

You may be dealing with

- make it harder to handle stress You may be worried about labour and birth or how to take care of your baby.
- If you work, you may have to prepare your team for when you take maternity leave.
- You may worry about how you eat, drink, and feel and how these things affect your baby If managed well, a little stress
- can help you overcome new challenges. Chronic stress during pregnancy, such as work deadlines, probably doesn't add to pregnancy problems. However, severe stress during

pregnancy may increase your

chances of specific problems,

like premature birth. Most women who have severe stress during pregnancy can have healthy babies. Some of the issues that can cause severe stress

- Long-lasting stress Depression or anxiety
- Catastrophic events

· Negative life events

Neighbourhood or societal

stress

While it's normal to experience these emotions, prolonged or severe stress

during pregnancy isn't good for you and your baby. In fact, high levels of constant stress can even make pregnancy symptoms worse. Finding ways to manage stress is essential for any mother-tobe. Here are a few stress-

reducing tips to try: Take good care of yourself Don't stress out about stress

- Avoid negative responses to stress
- Schedule time for yourself Exercise & meditate
 - Ask for help when needed
- Mind-body techniques, such
- as yoga and massage, can also help reduce pregnancy stress

levels. Mind-body techniques are beneficial for both mother and child¹.



Know More

Staying healthy

J. FITNESS

etting a good night's Sleep is incredibly important for your health. In fact, it's just as important as eating a balanced, nutritious diet and

with sound sleep

person, most adults require between 7 and 9 hours of sleep per night. Yet, up to 35% of adults don't get enough sleep. Sleep deprivation can put your health and safety at risk, so you must prioritize and protect your sleep daily. Sleep affects your mental and physical health. Good sleep helps boost your mind and mood and can help prevent health

exercising. Though sleep needs vary from person to

problems. Women are more likely than men to have insomnia and other sleep problems. Changing hormones during the menstrual cycle, pregnancy, and menopause can affect how well a woman sleeps. But there are steps you can take to get the rest you need. Women may be more likely to have sleep problems because women experience hormonal changes during certain times and events that are unique to women.

 Premenstrual Syndrome (PMS) • Premenstrual Dysphoric Disorder (PMDD) Pregnancy

Perimenopause

every day to rest and heal. Some sleep disorders, such

as insomnia, sleep apnea,

- Your mind and body are healthier when you sleep well. Your body needs time

These include:

and restless leg syndrome, make it harder to fall or stay asleep. This can lead to physiological changes like decreased insulin sensitivity, increased inflammation, and hunger

It is observed that sleep

deprivation can cause

daytime sleepiness and

maintain good mental

health.

make it more challenging to

hormone changes, as well as behavioural changes like poor decision-making and greater food intake — all of which increase diabetes risk. A sleep problem can also trigger a mental health condition or worsen current mental health conditions. Also, mental health

conditions or treatments

can sometimes cause sleep

problems. Most adults need between 7 and 9 hours of sleep a night to feel refreshed, although pregnant women may need more and older adults may average less. Short sleep duration is associated with an increased risk of developing obesity and weight gain. Sleep deprivation may increase your appetite and cause you to eat more

calories. You're more likely

to eat foods high in sugar

Sleep loss reduces your

we're tired, we have a

harder time controlling

ability to regulate emotions

and interact socially. When

and fat.

Symptoms associated with

· Unpredictable period

menopause:

cycle

Lower fertility

Vaginal dryness

Hot flashes

sleep-deprived people are more likely to withdraw from social events and experience loneliness. Prioritizing sleep may be a key way to improve your relationships with others and help you become more social. If you deal with

emotional outbursts and

others. Tiredness may also

empathy. Plus, chronically

affect our ability to respond

behaviours in front of

to humour and show

loneliness or emotional outbursts, don't hesitate to reach out to a friend, family member, or healthcare professional to get support. Along with nutrition and exercise, taking care of your sleep is one of the pillars of health. Lack of sleep is

associated with many negative health effects, including an increased risk of heart disease, depression, weight gain, inflammation, and sickness. Though individual needs vary, most research suggests that you should get between 7 and 9 hours of sleep per night for optimal health. Just like you prioritize your diet and physical activity, it's time to give sleep the attention it deserves².



LIVING WELL

enopause is a change into another stage of life. It starts when the

menstrual cycle ends.

Menopause isn't a medical

issue, and some experience

it as a period of freedom.

Dealing with

Menopause

But hormonal changes and different components involved can cause inconvenience. Every individual may unexpectedly encounter menopause. It usually begins between the ages of 40 and 58. For a few, it will happen early because of an ailment or treatment like the surgical removal of the ovaries. Menopause occurs when you have gone 12 consecutive months without a menstrual period. Changing estrogen levels and progesterone, two female hormones made in the ovaries, lead to symptoms like hot flashes and vaginal dryness.

Menopause is a natural part

of ageing and marks the

Menopause happens in

end of the female

reproductive years.

three phases. Perimenopause or premenopause is the temporary time that begins before menopause. It includes the year that follows an individual's last period. Menopause begins either a year after the last period or when the feminine cycle has stopped on a clinical account, for example, the removal of the ovaries. Post-menopause alludes to

the years after menopause.

when menopause has been

It tends to be hard to tell

completed, and post-

menopause has begun.

MIND, BODY & SOUL Involvement of parents in

 Sleep disorders • Emotional changes Physical changes

Excessive sweating

overlap or have a cascade effect. For example, vaginal dryness may contribute to a lower sex drive, and frequent

with menopause include sleep disturbances, urinary complaints, sexual dysfunction, mood changes, and quality of life. Unfortunately, concentration and minor memory problems can also be a normal part of menopause.

treatment. Instead, treatments focus on relieving your signs and symptoms and preventing or managing chronic conditions that may occur with ageing. **Managing symptoms of** menopause Certain lifestyle or at-home

child development

Besides, when a child is

learning from his parents, he

arents' involvement in early childhood education is important and can extend a child's experience in all aspectssocial, emotional, and mental. Involved parents can make a positive and When children experience

lasting impact on their child's learning ability. early quality learning and care, their short-term cognition is boosted, and they develop socially and emotionally. Similarly, it would also help in longterm success in academics and later life. When a parent gets

phenomena that surround their children. This comprises many activities and helping hand of a parent in making the learning process more flexible. The early years of children are the most important as growth and cognitive development occurs in this phase, where its impact renders throughout life. When a parent takes the course of

Some of the symptoms

night time hot flashes may be a factor in insomnia. Hot flashes and vaginal dryness are the two

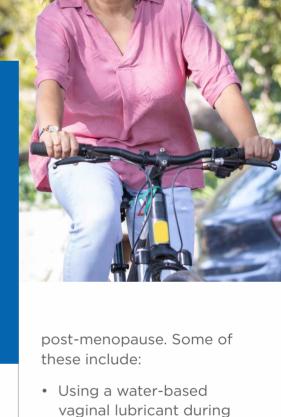
symptoms most frequently

Other symptoms associated

linked with menopause.

Menopause isn't a medical issue. However, it's a natural progression. Nonetheless, it can include undesirable physical and mental changes. Menopause requires no medical

changes can help you manage symptoms of



meditation and other relaxing activities can help with depression and other side effects of post-menopause.

• Eating a diet rich in

sex to make it more

pleasurable. Lubricating

the vagina helps with

dryness and pain

Regular exercise,

based sources of estrogen) such as wholegrain cereals, flaxseed, chickpeas, and legumes. Reducing caffeine and alcohol intake has also been shown to help.

Some people continue to

menopause for years after

their last menstrual period.

It's common to have hot

feel symptoms of

phytoestrogens (plant-

flashes or feel depressed about getting older. Going through menopause can be uncomfortable and present new challenges and health concerns. Speak with your doctor if you still suffer from symptoms so they can offer support or treatment³.

Know More



involved with their child, it means he/she is committed to actively participating in the activities and that can require the support

getting involved with his child, the extent of learning is broadened beyond other learning platforms, like the preschool curriculum.

usually develops a positive approach towards other things. The act of learning is a continuous process where the daily communication between the parents and children makes an environment for learning while enjoying and participating every day for better outcomes, along with

fostering a way towards self-discipline. A child who is stimulated correctly or is moulded in a proper way is likely to perform better and do well in the long run. The child is

more likely to perform

better academically and lead a healthier and more productive life as an adult. The first five years are crucial in a child's development process, mainly being receptive to human contact. Parent involvement typically involves parents' behaviours

their children's progress. Measures of parent involvement commonly include the quality and frequency of communication with teachers as well as participation in school functions and activities.

in the home, and school

settings meant to support

 Extends learning beyond the classroom Children develop a positive approach towards education and learning: Social benefits

Parents have come to realize

limited to performing certain

participation in their child's

education is necessary, as it

that their roles are not

important tasks; active

extends learning beyond the walls of the classroom. Children feel more confident

Also, this proximity makes the child more confident and happier. Parents should: • Be available to their children · Teach them to distinguish

right from wrong

Encourage them to be

in their outlook towards

classroom learning, and

active participation on the

part of parents gives them

the incentive to learn better.

- independent Enable them to express their ideas and opinions⁴

You can help improve the health of all moms, babies and families. | March of Dimes. (n.d.-b). https://www.marchofdimes.org/ Lancaster General Health. (n.d.). How to Reduce Stress During Pregnancy. www.lancastergeneralhealth.org.

good-sleep-is-important

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