

# Support Your Whole Self While Pregnant

Enhance your birthing plan with additional, nonmedical support that works for you.

## Movement

Thirty minutes of moderate activity five to seven days per week will help your mental and physical well-being as well as stress levels.

Consider adding an activity such as stretching or yoga to your day:

## Balance

Physical items you hold or touch may help balance your mind and ground you, which may improve mental well-being.

Helpful items may include:

## Inspiration

Lived, sensory experiences may inspire you and stimulate your senses to bring about a more positive outlook.

Experiences may include:

### First Trimester

Try a lotus pose to center and focus your attention inward.



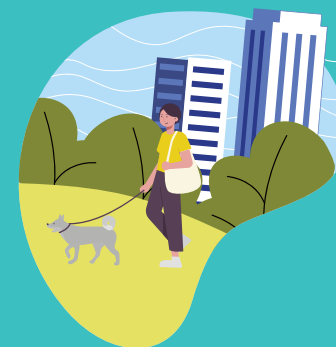
Incorporate healthy food recipes to inspire your meals.



Hold symbolic items, such as soft toys (plushies) or gemstones.



Incorporate lifestyle and environmental changes, such as taking nature walks or practicing meditation.



### Second Trimester

Try a cat-cow pose to relieve back pain, build flexibility and increase comfort.



Read positive affirmations on written letters or notes from loved ones.

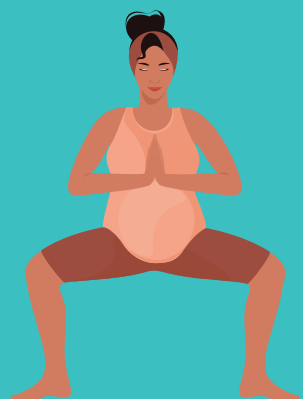


Connect with family and friends and use additional support systems to see yourself as healthy and strong.



### Third Trimester

Try a goddess pose to strengthen your pelvic and leg muscles.



Browse books and photographs that connect you to your culture or ancestry.



Listen to your favorite music or sounds.



Use scents (aromatherapy), color (chromotherapy) or water (hydrotherapy) to affect your senses.



This content is not meant to provide or take the place of clinical recommendations – you should speak with your health care provider to see which types of additional support are right for you. For more information on nonmedical support during pregnancy, visit [nyc.gov/health/doula](https://nyc.gov/health/doula).

This content was created in collaboration with the NYC Health Department Brooklyn Birth Justice Defenders.