



Pregnancy Mental Health Checklist

10 Ways to Stay Mentally Strong Before Baby Arrives

1 Get Enough Sleep – Aim for 7-9 hours of rest each night. Good sleep supports emotional well-being.

2 Practice Mindfulness – Deep breathing, meditation, and journaling can help manage stress and anxiety.

3 Take Essential Supplements – Omega-3s, Magnesium, Vitamin D, and Iron support both physical and mental health.

4 Eat a Balanced Diet – Nutritious foods fuel your mind and body. Include proteins, healthy fats, and fiber.

5 Stay Hydrated – Drink at least 2-3 liters of water daily to support overall health.

6 Move Your Body – Gentle activities like walking, prenatal yoga, or stretching can boost your mood.

7 Limit Stress Triggers – Reduce social media, set news boundaries, and create a calming daily routine.

8 Set Healthy Boundaries – Avoid overcommitting and say no when needed to protect your energy.

9 Track Your Mood – Keep a journal or use a mental health app to notice emotional patterns.

10 Seek Help If Needed – If you experience persistent sadness, anxiety, or mood swings, consult a mental health professional.

Need Expert Support?

**Malaika Wellness Hub specializes
in pregnancy, postpartum, and
women's mental health in Nairobi.**

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Dr. Malaika Kamenju

Consultant Psychiatrist 😊

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