

# YOU'RE GROWING A TINY HUMAN AND IT'S HARD WORK!

## 5 COMMON DISCOMFORTS OF PREGNANCY & HOW TO HELP YO SELF OUT!

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### BACK ACHES



Try sleeping on your side with a pillow behind your knees. Wear comfortable, supportive shoes and do not attempt any heavy lifting. Make sure to practice good posture and ask your partner or friend to rub your back where it hurts

### HEADACHES

Remember to avoid ibuprofen and aspirin, but tylenol (acetaminophen) is okay from time to time when discomfort is really bad. Try deep breathing, massaging your head where it hurts, practicing relaxation techniques or even icing a little bit.

### HEARTBURN

Eat smaller, more frequent meals. Try to avoid eating 2 hours before bedtime, and avoid foods that are extremely spicy or acidic. Try drinking lots of water during and after your meals. Sometimes chewing gum (other than mint flavored) can help after you eat.

### WIDE RANGE OF INTENSE EMOTIONS

This is normal and expected! Find someone you can trust to talk about your feelings and emotions with. Write down your thoughts in a journal, or take care of yourself in the moment by pausing to take a walk, meditate, or something healthy to distract yourself. Be gentle on yourself. Find a support group of expecting moms.

### DIFFICULTY SLEEPING

Try using pillows behind your back, between your knees and in between your arms. Do some light stretching before bed or take a warm shower or bath. Try putting a small amount of lavender essential oil on your feet or on your pillow, or try a combination of the above techniques.

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