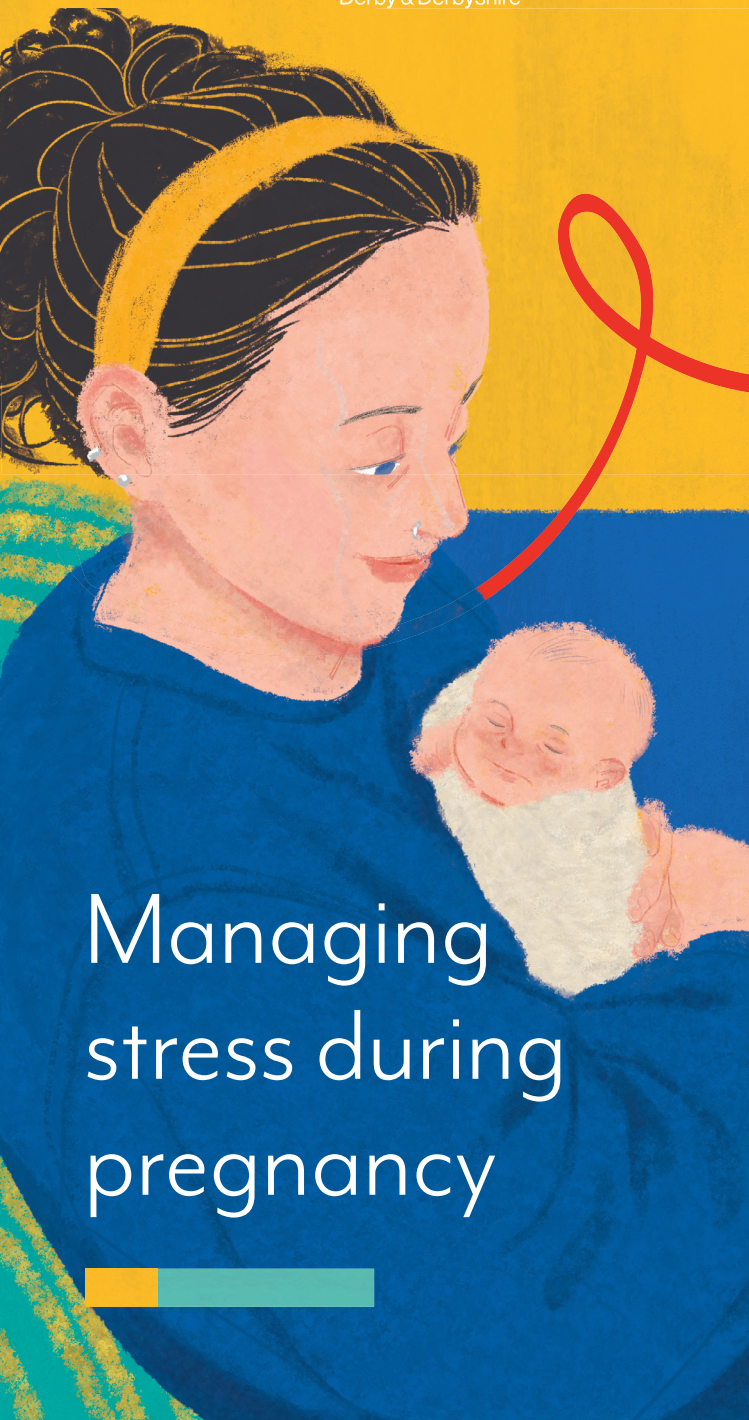
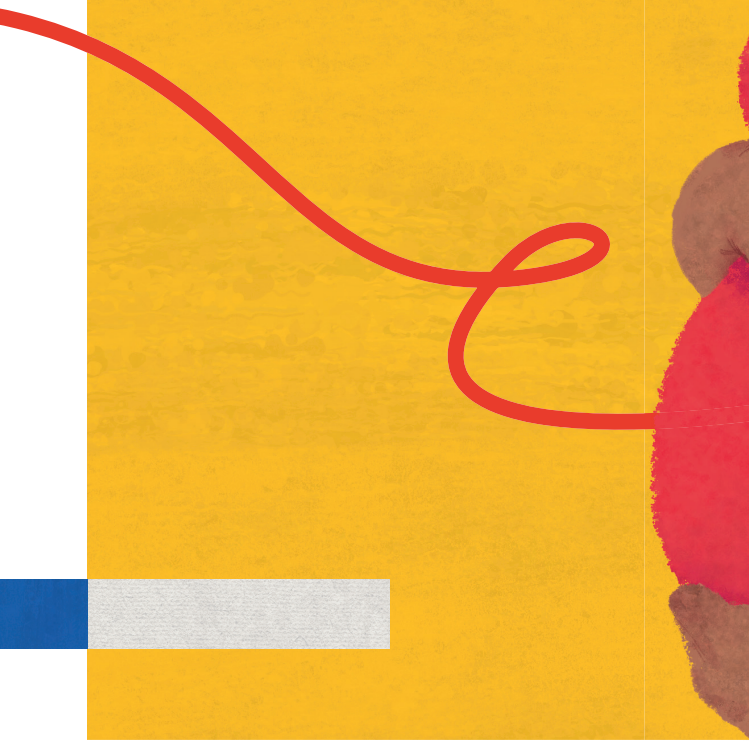
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Managing stress during pregnancy

Smoking can lead to feelings of stress





Smoking cigarettes can lead to feelings of stress in the body. When you smoke your:

- heart beats faster
- muscles tense up
- blood pressure goes up
- blood vessels get narrower
- brain gets less oxygen

When this happens, you may feel more stressed.

By stopping smoking, you can feel calmer and stronger

Not smoking during pregnancy can:

- Help you feel less stressed and worried
- Enable you to save money to spend on you and your baby
- Reduce your risk of feeling low during and after pregnancy (perinatal depression)

For tips on how to cope with stress, refer to page three of the journal.



Contact information

There is free, non-judgemental support available to you from stop smoking advisors.

As part of your maternity care your midwife will speak to you about stopping smoking and the friendly support that is available to help you quit. You can also speak to your GP and healthcare provider who can refer you for support.

If you feel stressed or low, ask for advice from a friend, family member, or midwife. There are also peer support organisations that can help.

Contact details:
For more information or to self-refer, visit **smokefreederbyandderbyshire.org.uk/PregnancySupport**

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