

Your Emotional Wellness Guide for Pregnancy & New Motherhood

Practical tools and gentle self-checks to help you feel supported, balanced, and ready for life with your baby.

INSIDE YOU'LL FIND:

- What to expect emotionally
- How to shift unhelpful thoughts
- 5-senses exercise to steady yourself
- 5-day mood tracker
- Self-check quiz to spot emotional strain
- Support ideas

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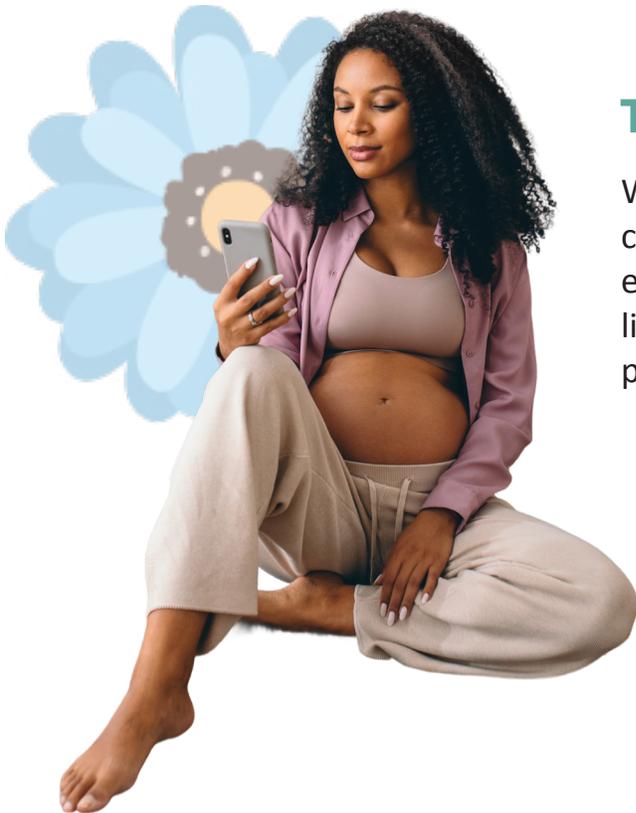
www.MyMamaLift.com

WELCOME

Thank you for downloading this guide. Pregnancy and the early months of motherhood bring incredible change — not just for your body, but for your mind and emotions, too. While caring for a baby starts long before birth, caring for yourself is just as important. A healthy emotional foundation during pregnancy makes it easier to navigate postpartum life and bond with your baby.

Looking after your mental well-being isn't selfish; it's an essential part of caring for your child. When you feel supported and balanced, you're better able to meet the demands of pregnancy, birth, and new motherhood.

Luckily, you don't have to do this alone. We created this guide to give you practical tools for understanding and supporting your mood. Alongside this, consider reaching out proactively — talk with friends or family, join a moms' group, explore online resources, or try digital tools such as the MamaLift App, which offers live therapist sessions and evidence-based cognitive behavioral therapy (CBT) exercises designed to gently retrain how your mind handles stress and emotions.



This Guide Brought to You by MamaLift

We hope you find this guide helpful. MamaLift was created by a mom and physician to help support women's emotional health as they become mothers. We combine live therapist and 24-7 self-guided care right from your phone!



WHAT TO EXPECT EMOTIONALLY

Every pregnancy and postpartum journey is unique, but many women notice these patterns:

First trimester – Excitement may mix with anxiety, fatigue, and mood swings as your body adjusts.

Second trimester – Energy often returns, but worries about body changes and preparing for baby can surface.

Third trimester – Anticipation builds; physical discomfort and impatience can increase.

Early postpartum – After you have your baby, hormone shifts and sleep loss can cause “baby blues.” Feeling tearful or irritable is common. If sadness lasts longer than two weeks or feels heavy, it could be more than typical adjustment.

Knowing these phases helps you understand that emotional changes are normal — and that support is always available if things feel hard.



HOW TO RETHINK YOUR THOUGHTS

At times, emotions can feel like they're running the show. But you may have more influence than you think. One powerful skill is learning to reframe your thoughts — pausing, looking at a worry from a different angle, and finding a more balanced way to see it.

There's a helpful approach called Cognitive Behavioral Therapy (CBT) built around this idea. CBT teaches you to notice when a thought is making you feel anxious or sad and gently shift it toward something more supportive.

Example:

Emily, pregnant with her first baby, felt stressed because she and her partner kept disagreeing about preparations. She thought, "We're never on the same page. This is never going to get better." After pausing, she asked herself, "Have we solved things before?" She remembered times they had worked things out and reframed the thought: "We're having a tough time now, but we've handled challenges before and can again." That small shift brought relief and calm.

Try a reframing exercise yourself:

- Notice a thought that worries or upsets you.
- Write it down.
- Ask: "Is this 100% true? What evidence supports or challenges it?"
- Think of an alternate thought that might be more helpful or balanced and write it down.
- Repeat whenever similar worries pop up.



GROUND YOUR SENSES TO CALM HEAVY MOMENTS

It's natural to feel anxious or weighed down during pregnancy and after birth. Instead of letting those feelings spiral, you can use a simple technique to bring yourself back to the present moment.

This works because it shifts your brain's focus from racing thoughts to what's happening right now. Engaging your senses can interrupt anxiety and help your body feel safer and more present.



When emotions feel heavy, pause and gently do the following:

See – Look around and pick one thing to focus on. Notice its color, shape, or detail — maybe a lamp or a picture frame.

Hear – Listen for a sound, near or far: a ticking clock, birds, distant voices, or soft music.

Smell – Notice any scent: fresh air, a candle, your tea, lotion, or something cooking.

Taste – Take a sip or bite of something and really pay attention to the flavor.

Touch – Feel the texture of something nearby: your clothing, a blanket, the arm of a chair.

If you feel up to it, you can also step outside or move around — feel the air, stretch, or take a slow walk to awaken your senses further.

EMOTIONAL RED FLAGS TO WATCH FOR

Emotional ups and downs are normal, but if certain feelings stick around or grow intense, it's a signal you might need extra support. Catching these early can make a big difference.

Watch for:

- Feeling sad or hopeless most of the day for more than two weeks.
- Losing interest or joy in things you usually enjoy.
- Feeling so anxious or overwhelmed that daily tasks feel hard.
- Feeling disconnected from your baby or loved ones.
- Thoughts of harming yourself or feeling like you can't cope.

If any of these feel familiar, reach out to your healthcare provider or use the support tools in your app. You don't need to wait until things feel "bad enough."

YOUR 5-DAY MOOD CHECK-IN

Track your overall mood for the next five days. Check the one that fits each day:

Day	Calm & Balanced	A Bit Anxious	Low/Down	Tired & Overwhelmed
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

After five days, glance back — if you're seeing mostly anxious or low days, it may be time to seek extra support.



YOUR EMOTIONAL WELL-BEING CHECK

Use this quick self-check to notice how you've been feeling this past week. It's adapted from a common screening tool professionals use. It's **not a diagnosis** — just a way to know if you might want more support.

Rate each statement:

0 = Not at all 1 = Sometimes 2 = Often 3 = Most of the time

I haven't been able to laugh and enjoy little funny moments.	
I haven't looked forward to things or felt excited about upcoming plans.	
I've found myself blaming or criticizing myself when things went wrong.	
I've felt worried or anxious without a clear reason.	
I've had moments where I suddenly felt panicky or afraid.	
I've felt like everything was piling up and too much to handle.	
I've been so down or worried that sleeping well has been hard.	
I've felt really sad or miserable.	
I've cried more than I normally would.	
I've looked forward to things or felt excited about upcoming plans.	
Total	



Add up your total score.

If your total is 13 or above, it might be time to reach out for additional help.

Support can come from your healthcare provider, a therapist, or a helpline — and getting help early can make things much easier.

YOU'RE NOT ALONE — AND YOU'VE GOT THIS

Taking care of your emotional well-being is one of the most important things you can do for yourself and your baby. Pregnancy and new motherhood can bring both joy and challenge. Paying attention to how you feel — and acting early if something feels off — helps you stay strong, connected, and ready for the journey ahead.

Reach out to friends, family, or other moms. Join a mothers' group or explore supportive online communities. If you need more structured help, tools like the MamaLift app can connect you with live therapists and gentle, evidence-based exercises to help manage stress and emotions.

Be kind to yourself, trust your instincts, and remember: asking for help isn't weakness — it's strength. The more supported you feel, the more you can give your baby what they need most: a calm, loving, thriving parent.

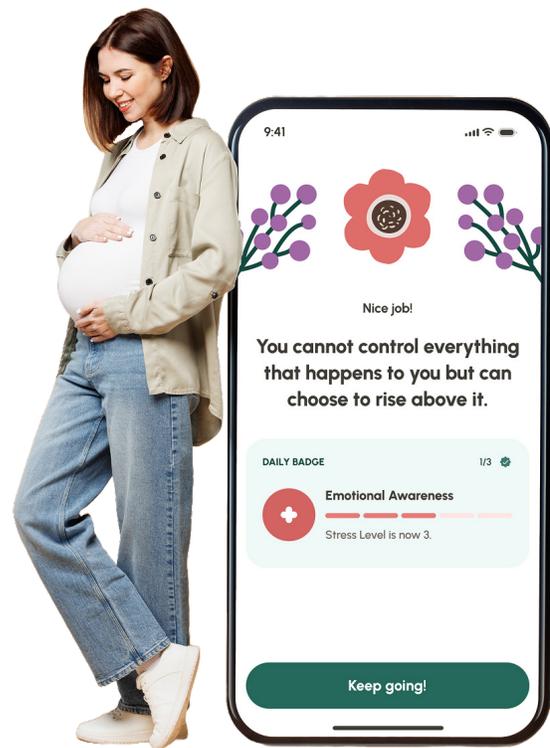
BROUGHT TO YOU BY



MamaLift is a trusted digital program designed to help new and expecting moms navigate postpartum depression symptoms with flexible, evidence-based support anytime, anywhere.

- On-demand self-guided therapy lessons
- Access to live therapists
- Health tracking tools

Supporting you every step of the way, MamaLift makes it easier to feel understood, cared for, and empowered on your motherhood journey.



You don't need to struggle alone. We're here to help you on your journey to better mental health.

Scan here to learn more



MamaLift Plus is a prescription-only digital therapeutic intended to provide neurobehavioral interventions to patients 22 years of age and older, as an adjunct to clinician-managed outpatient care. MamaLift Plus treats mild to moderate postpartum depression by improving a patient's symptoms of depression.