

PREGNANCY WELLNESS

Essential self-care during pregnancy

BirthX Team · August 12, 2026

Rest, nourishment, movement, and support: simple ways to take care of yourself while your body does something extraordinary.

Key takeaways

- Rest when your body asks. Fatigue is common, especially early and late in pregnancy.
- Small, frequent snacks can help with nausea. Ask your provider about vitamins and foods to avoid.
- Gentle movement like walking, swimming, or prenatal yoga is safe for most people. Check with your provider.
- Anxiety and depression can happen during pregnancy. Tell your provider if you don't feel like yourself.
- Build your support circle now for pregnancy and after the baby arrives.
- Trust yourself. If something feels wrong, get checked.

Read the full article

<https://birthx.org/blog/self-care-during-pregnancy/>