

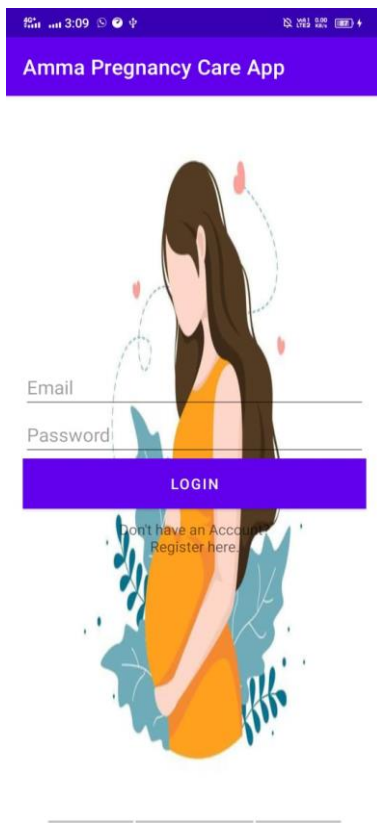
App icon



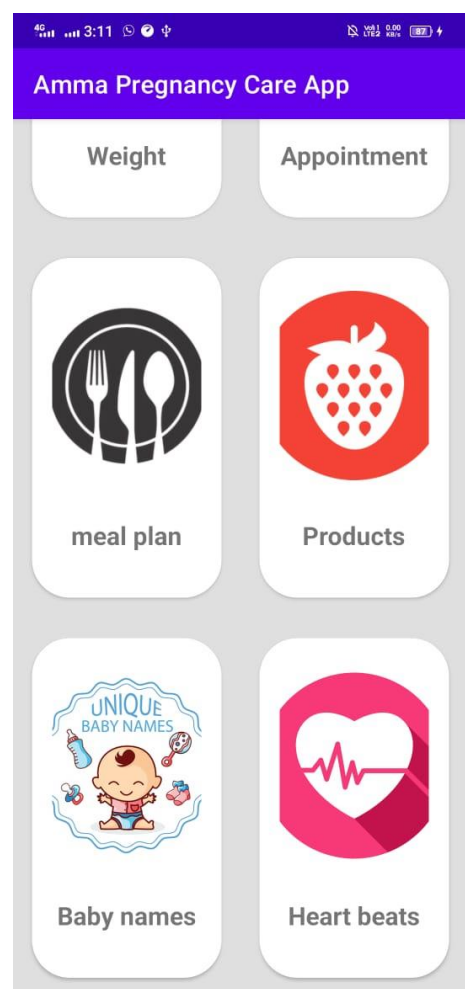
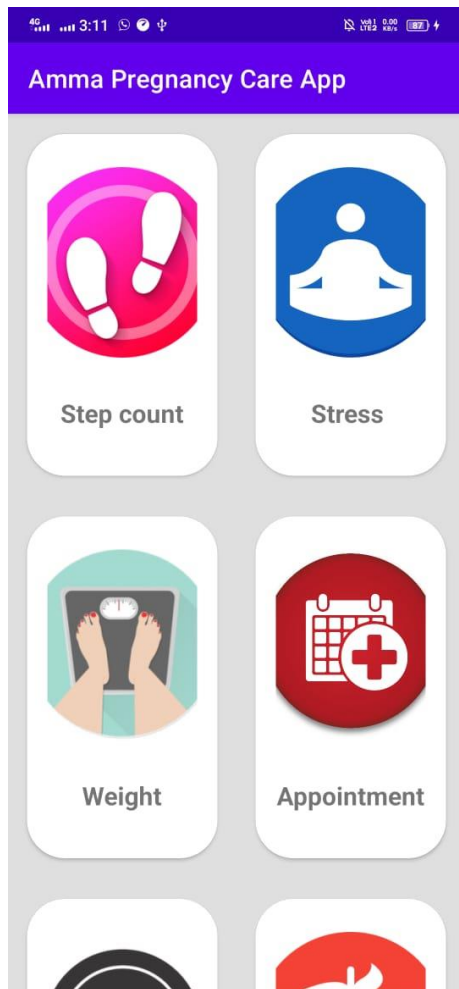
Register page

A screenshot of a mobile application interface for registration. At the top, a purple status bar shows the time as 11:22 and battery level at 100%. Below this is a purple header with the text "Pregnancy App". The main content area features a large, stylized illustration of a pregnant woman in a yellow dress, surrounded by green leaves and pink flowers. Overlaid on the illustration are four input fields: "Name", "Email", "Password", and "Re-enter Password". Below these fields is a purple button with the text "REGISTER". At the bottom, there is a link that says "Already Registered? Login here." The bottom of the screen shows a white home indicator bar.

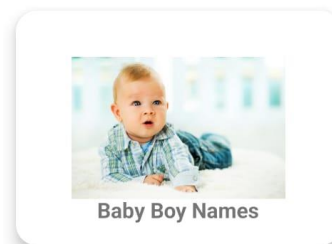
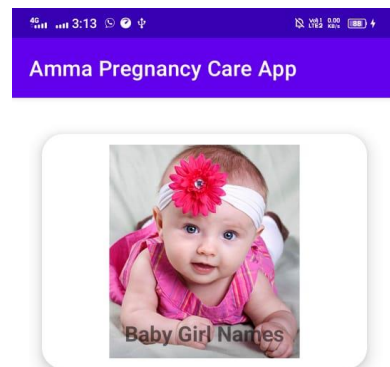
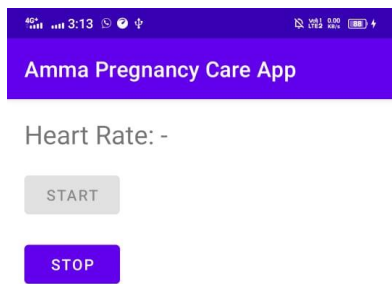
Login page



Home page



Following are tabs :



Amma Pregnancy Care App

Enter your height (cm):

Enter your pre-pregnancy weight (kg):

Enter the number of weeks pregnant:

Select your activity level:

☐ Sedentary

☐ Low activity

☐ Moderate activity

☐ High activity

CALCULATE

Amma Pregnancy Care App

maya

1st month

SELECT DATE

Selected Date: 2023-06-16

BOOK APPOINTMENT

History

Name	Month	Date
rich	fungi	12-5-23
Eid	see	2023-05-31
maya	1st month	2023-06-16



How can I improve my mental wellbeing during pregnancy?

Try these stress management techniques to help you relax and focus on your pregnancy with positivity.

1. Practise mindfulness

Mindfulness helps you connect with the world around you, moment to moment, so you don't get lost in negative thoughts. It means taking the time to pay full attention to those small moments in life, like feeling the sun on your face or your baby's kicks. Practising mindfulness regularly has been proven to have significant benefits to mental health. It's also been shown to help ease anxiety, stress, worry or depression during pregnancy. The following tips can help you be more mindful in your everyday life. As you go about your day, pay attention to the sights, sounds, scents and other sensations around you. It can be hard to keep this up at all times, so choose a particular time each day (for example your commute or lunchbreak) to really focus on what you're physically experiencing in the moment. If you follow the same routine every day, it's easy to stop noticing the familiar things around you. Try doing something new, such as taking a different route to the shops or sitting in a different place at work. Notice what changes and what stays the same. Take time each day to pause and pay attention to your thoughts. Allow your mind to drift, and notice how your thoughts come and go. Try to name your thoughts and feelings as they arise, and see if you notice any patterns. You could also try more formal mindfulness meditation, focusing on your breathing or the sounds around you. When you notice your mind wandering, gently bring your attention back. Yoga and tai-chi can help you to become more aware of your breathing and movement. There are lots of free and paid-for mindfulness courses, sessions and apps available. You could try a few free ones first to find out what mindfulness techniques suit you.

2. Try complementary therapies

Stress is a common trigger for depression, so it's important to give yourself a break every now and then to help release any pent-up worry. Massage is a fantastic way to de-stress and there's evidence to suggest that it can help to treat anxiety and low mood in pregnancy. Even a simple massage from

