

## Calming Your Mind in Pregnancy: 3 Simple Grounding Tools

Sometimes our minds like to play tricks on us. Catastrophizing is when your thoughts jump to the worst possible outcome, even if there's no real reason to believe it will happen.

In pregnancy, this might sound like:

“What if something is wrong with my baby?”

“What if I can't handle labor?”

These thoughts can make anxiety and panic feel even bigger, leaving you worried, tense, and worn out.

The good news is, you can learn to catch these thought spirals and bring yourself back to calm.

With practice, you'll create more peace, steady your emotions, and feel safer in the moment.

### Three Loving Tools to Calm Your Mind

#### 1. Breathe With Your Baby

Place one hand on your heart and one on your belly. Feel the ground beneath your feet. Take a slow, gentle breath in. As you breathe out, imagine sending calm and love straight to your baby- and then from your baby back down through your feet.

This reminds you both that you are safe right now.

#### 2. Body Scan:

Sit comfortably and start with slow gentle breaths. Scan through your body starting from the top of your head and traveling all the way down through each part of your body until you get to your toes. Notice any tension or discomfort and breath gently into these places. Repeat once or twice until you feel calmer.

#### 3. Use Your Five Senses

Bring yourself back to the here and now by naming:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This helps your mind let go of “what ifs” and focus on the safe moment you're in.



You deserve support in pregnancy. Click [here](#) to book a free support call with me or check out my programs online.