

Pregnancy Anxiety

Perinatal, Postnatal Anxiety and Infertility Anxiety

Perinatal and Postnatal Anxiety

Noticing when emotions start to become overwhelming - this will help you to look after yourself and seek support

Overwhelming emotions can negatively interfere with your day-to-day - this is a sign that some level of support is needed.

Starting a family is a milestone in many people's lives. It can also be a stressful time. It is normal for pregnancy to be a emotional experience.



Looking after yourself is a key part of pregnancy

Different Stages of Anxiety throughout Pregnancy:

- Prenatal or antenatal anxiety - while you are pregnant
- Postnatal anxiety - during roughly the first year after giving birth
- Perinatal anxiety - any time from becoming pregnant to around a year after giving birth

Lots of people are aware of the term 'postnatal depression' which can occur after having a baby. However, it is less common to hear about the anxiety which is faced throughout the entire pregnancy journey.

It is common to experience depression and anxiety together and these feelings do not always appear after having a baby, they can appear during the pregnancy itself.

Mind & Anxiety UK has produced information and resources which features various support options that are available. Support can include talking therapies, self-help resources and medication.

There are medications that can help manage anxiety, however there can be concerns about taking medication whilst pregnant. You can talk to your doctor or a pharmacist about any concerns you may have about taking medication during pregnancy or while breastfeeding.

This resource can help and provide guidance in talking to a your GP:

<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/talking-to-your-gp/>

Additional Resources: (Clickable links)

[Perinatal Anxiety- Mind](#)

[Perinatal Anxiety- Anxiety UK](#)

[Perinatal Anxiety Fact Sheet-Anxiety UK](#) (instant and downloadable)

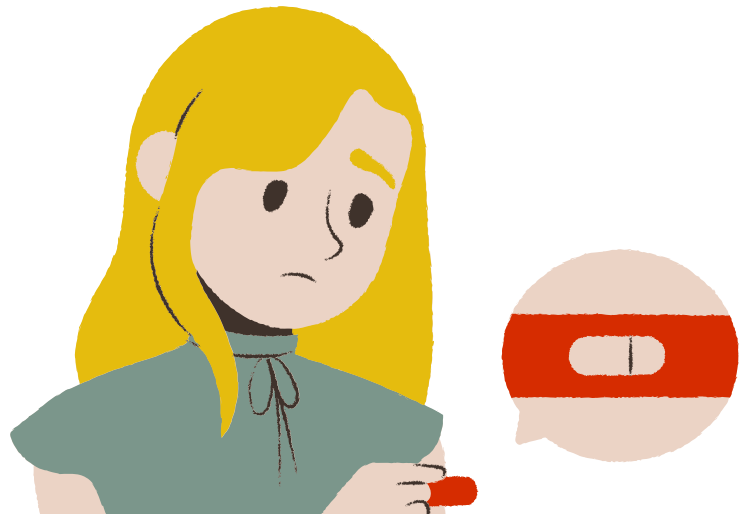
[Anxiety and Panic Attacks in Pregnancy](#) - Tommys.org

Infertility Anxiety

Infertility is when a couple cannot conceive. Around 1 in 7 couples may have difficulty conceiving, this can be an extremely distressing time for many couples.

Infertility is often only diagnosed after a couple has been trying for a baby over a 12-month period.

It is advisable to arrange a visit to the GP if you haven't conceived within a year.



Any couple who has tried to conceive a child without success would have their own very personal story to tell about their journey of infertility.

Recognise that anxiety can play a huge role through the infertility journey, whether that be:

- A couple continuing without any medical interventions in the hope that they will naturally conceive one day.
- A couple who changes their diet and lifestyle, routinely monitors basal body temperatures and has intercourse at what is said to be exactly the right time.
- A couple who decides to embark on IVF and experience failed cycle attempts despite doing everything they were told.

Emotional support through these times is important.

Support allows someone else to help us so we do not struggle alone.

Support can be used alongside the time you need personally for yourself.

Feeling worried, upset and overwhelmed with the whole fertility/infertility process are all very normal responses; however it is important to recognise when these feelings are constant/ongoing and impacting or debilitating your day-to-day routines. It is here that seeking out some support is an advisable step.

Support Resources (Clickable links):

British Infertility Counselling Association

www.bica.net

BICA is the only professional counselling association for infertility counsellors and counselling in the UK seeking to promote the highest standards of counselling for those considering or undergoing fertility investigations and treatment.

Fertility Network:

01424 732361

www.fertilitynetworkuk.org

Free and impartial support, advice, information and understanding for anyone affected by fertility issues.

www.fertilityfriends.co.uk

Infertility and fertility support - leading infertility community in the UK with members at every stage of their journey. Infertility, adoption, parenting, after infertility and moving on.