

Fear of the unknown during pregnancy can be very stressful and managing that stress is a key factor for sustaining a healthy pregnancy.

Let's see how the experts weigh in on some helpful strategies and then I'll be talking with one mom about her own concerns at this stage.

Pregnancy can be a stressful time and it doesn't take into account the fact of other stresses that might be happening in your life.

Many people find that exercise is a great way to relieve stress in pregnancy or just taking time for yourself.

All of these things can help people deal with the everyday stressors that we all experience.

If you have really serious stresses in our life that make you feel insecure like you're not sure that you're going to be able to pay for your home or concerns about safety in your household, please let us know. There are resources to help.

If you could you give moms-to-be one piece of advice, what would it be?

Be happy throughout the process but also be mindful about what you have to do to take care of yourself. You can't ignore the guidance that you're getting from your doctors.

Be diligent.

Yeah, you have to be diligent.

For the baby and for you for that matter.

Was there any part of you that was nervous going in or just excited?

Both. But mainly excited and happy. But, you know, for sure nervous as well.

Because I was a more mature mom, I was getting myself to the doctor's office quite a bit - quite a bit. They were monitoring him all the time.

I wanted to know that I was healthy because I experienced some gestational diabetes too so it just was important that we just did what we needed to do.

So, I knew that things seemed to be okay and I knew that I was kind of coming to this with having to monitor my sugar in the first place.

They used to talk about birth defects. I mean, I certainly didn't want him to be a big baby.

Right.

I didn't want him to be born with this at all. I mean it was shocking to me.

Which is another reason why it's so important to see your doctor on a regular basis especially when there are any preexisting conditions.

Every pregnancy is different so it's important not to compare your own experience to that of others or even to your earlier pregnancies.

And remember that your family and friends are part of your resource network.