

In the second trimester, we consider this your easy trimester in a sense.

Most people feel much better in the second trimester. People just feel much more themselves.

It's sort of a magical time. You know that you're pregnant, you've kind of accepted it both emotionally and your body's kind of accepting it.

It was almost to the day starting the second trimester that I finally got my energy back. I felt like me again which was really nice.

Fatigue often resolves the early part of the second trimester after the placenta is fully formed. Energy levels tend to increase back up.

Any nausea that you experience gets much better.

Around week 12 is when the nausea went away and smells started smelling more normal and things felt much better.

My nausea went away, my morning sickness went away, and my appetite was growing. I was just mentally just a lot happier. Emotionally, my husband and I were happy again. We were really tired. I was really fatigued my first trimester

as well so I was a lot more energized the second trimester.

A lot of women who have nausea and vomiting, by this stage in the pregnancy, that starts to really improve. You might notice that you're more hungry and you might start gaining a little more weight than you did in the first trimester.

We do begin to worry that pre-term labor can be an issue so if you do begin to feel contractions, water leaking, those are things where you need to notify your provider right away.