

How To Keep Yourself Happy

In Pregnancy?



Surround yourself with positive, supportive people and avoid those who bring you down.



Practice yoga and meditation to reduce stress and improve your overall well-being.



Keep a journal to reflect on your thoughts and feelings and track your progress.



Be kind and compassionate towards others.



Take time for yourself and indulge in activities that make you happy and relaxed.



Remember to take deep breaths and focus on your breath to calm yourself in difficult situations.