

# How To Deal With Anger During Pregnancy?



Relaxation techniques like deep breathing and watching calming imagery.



Analyzing the source of your anger and finding ways to cope with it.

Being rational and lowering your voice when in anger can help.



Dreaming about your future child and your role as a mother can improve your mood.

Planning your day can help establish a routine and improve your mental state.



A pregnancy diet that includes carbohydrates, proteins, vegetables, and fruits can support overall health.

Having a good sleep and avoiding smoking and drinking can also help.

