

**Tip 4: Care for your body and mind before and during pregnancy to set you and your baby up for success.**

### ✓ Mental Health

Individuals with children or those that are expecting deserve the best - including the very best mental health. [Depression](#) and anxiety during and after pregnancy is common and treatable. If you think you have depression or anxiety, seek treatment from your health care provider as soon as possible. The National [Maternal Mental Health Hotline](#) provides free help for those who are pregnant and parenting in English and Spanish.

[Managing your stress](#) can help you achieve and maintain a healthy body. Stress may increase your risk of gestational diabetes and preterm labor. It can also lead to high blood pressure during pregnancy and preeclampsia. Additionally, stress can make it very difficult to make healthy decisions, like avoiding harmful substances. Talk to your provider about ways to manage your stress. Ask people you trust for help and accept help when you are able.

### ✓ Physical Health

Honor and listen to your body by [choosing nourishing foods](#) that you enjoy and [moving your body](#) in ways that give you energy. Continuing these habits throughout pregnancy will require some adjustments at various stages, but [whatever your body size or shape, work with your healthcare provider to plan for a healthy pregnancy](#).



Although Body Mass Index (BMI) is not a perfect measure of healthy weight, we do know that a [higher BMI at the start of a pregnancy](#) is associated with a higher risk for certain health problems, including serious birth defects. Talk to your healthcare provider to set an action plan for a healthy pregnancy.