



Centre for
Women's
Health and Wellness

The Centre for Women's Health & Wellness at SRM Global Hospitals is your trusted partner in every step of your journey through pregnancy, childbirth, and motherhood. Our dedicated team of specialists, state-of-the-art facilities, and holistic approach ensure that you receive comprehensive care tailored to your unique needs. We are committed to empowering women with knowledge, care, and confidence as they embrace this transformative journey. Explore our services and join a community that prioritizes your health and well-being.



Reach us



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EMERGENCY SERVICES

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**EMBRACING BODILY
AND EMOTIONAL
CHANGES**



EMPOWERING
WOMEN'S Health, Lives

WHAT IS IT?

Pregnancy and motherhood bring about significant bodily and emotional changes. The body undergoes physical transformations to accommodate a growing baby, while emotions can fluctuate due to hormonal changes and the demands of motherhood. This can be a challenging time, but embracing these changes with a positive mindset is essential.

WHAT HAPPENS?

During pregnancy and after childbirth, women experience weight gain, changes in skin elasticity, swelling, and more. Emotionally, some women experience mood swings, heightened anxiety, or postpartum depression. These shifts are often due to hormonal changes, fatigue, or a sense of being overwhelmed by the new role as a mother.

HOW TO DEAL WITH IT & EXPERT GUIDANCE

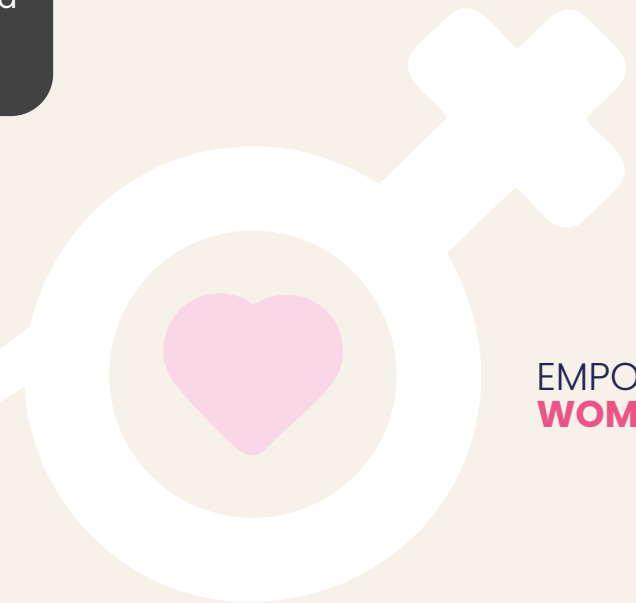
- **Mindfulness and Acceptance** : Embrace your body's changes as part of the incredible journey of motherhood. Practicing mindfulness and focusing on self-compassion can reduce negative feelings.
- **Connect with Support** : Share your feelings with trusted friends, family, or a therapist. Emotional support is vital for mental well-being.
- **Physical Activity** : Gentle exercises like yoga or walking can help boost mood and maintain physical health.

- **Get Rest** : Ensure you have time to rest and recover, especially after childbirth

- **Professional Help** : If you experience persistent sadness, irritability, or anxiety, seek advice from a mental health professional or counselor.

Expert Tip

Regular self-care routines that include both physical activity and relaxation can help in adjusting to bodily changes and emotional shifts.



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Lives