



Checking in with myself – Emotional wellbeing during pregnancy

Help mothers identify and reflect on their emotional state, triggers, support systems, and coping strategies.

My Emotional Experience

What emotions have I been feeling most often lately?

☐ Excitement, ☐ Anxiety, ☐ Fear

☐ Sadness, ☐ Joy, ☐ Guilt

☐ Other: _____

My Thoughts and Fears

On a scale of 1–5, how supported do I feel right now?

Rating: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

When do I feel most emotionally vulnerable?

What thoughts do I have about labor and delivery?

What is my biggest fear about becoming a mother?

Do I have unresolved experiences from my past that are surfacing?

☐ Yes ☐ No ☐ Not sure

If yes, what are they linked to? (Childhood, past trauma, birth stories, etc.)

Becoming Mama: Your mental health journey



Coping Strategies

What helps me feel more grounded?

- ☐ Talking to a partner or friend, ☐ Journaling, ☐ Gentle movement (e.g. walking or yoga)
- ☐ Deep breathing or mindfulness, ☐ Prayer or spiritual practice
- ☐ Speaking with a counselor, ☐ Listening to music
- ☐ Other: _____

What have I done in the past that helped me feel safe and calm?

My Support and Action Plan

One person I can talk to about how I feel:

One small thing I can do this week to support my emotional wellbeing:

You are allowed to be both a masterpiece and a work in progress at the same time.

— Sophia Bush