

# A PREGNANT WOMAN'S JOURNEY OF ANXIETY

## PHASE 1

### SUSPECTS PREGNANCY



**She thinks she is pregnant, but has not yet confirmed it.**

#### STRESS FACTORS

##### (EXPERIENCED MOTHER)

- Bad people might bewitch me
- It might interrupt my daily schedule
- Will my partner be happy about it?

##### (YOUNG/FIRST-TIME MOTHER)

- Will partner take responsibility?
- I might drop out of school
- People will 'talk'

## PHASE 2

### DISCOVERS PREGNANCY



**She confirms that she is pregnant.**

#### STRESS FACTORS:

##### (EXPERIENCED MOTHER)

- We can't afford it!
- My daily schedule will be interrupted

##### (YOUNG / FIRST-TIME MOTHER)

- How do I inform my parents?
- I might drop out of school!
- I can't afford it!
- People will 'talk'

## PHASE 3

### 3 - 6 MONTHS PREGNANT



**She begins to proactively care for her pregnancy**

#### STRESS FACTORS:

##### (EXPERIENCED MOTHER)

- What if there is a problem?
- How do I take care of baby?
- I don't have transport to go to hospital
- The nurse was rude last time!
- ANC will take too long

##### (YOUNG/FIRST-TIME MOTHER)

- I don't want people to find out!
- Who can I talk to?
- The nurses will be judgemental
- Am I really okay?

## PHASE 4

### 7 - 9 MONTHS PREGNANT

**She begins to think about the delivery**

#### STRESS FACTORS (EXPERIENCED MOTHER)

- Is the baby okay?
- What should I prepare?
- Who will accompany me?
- Who will take care of my family while I'm in hospital?
- Will I get a good midwife?

#### STRESS FACTORS:

##### (YOUNG/FIRST-TIME MOTHER)

- I'm afraid of C-section and the tears!
- What should I expect during delivery?
- What should I prepare?



## PHASE 7

### CHALLENGES NEVER ENDS (48 HOURS LATER)

**She is proud, despite feeling tired and exhausted**

#### STRESS FACTORS: (EXPERIENCED MOTHER)

- I should know how to take care of baby!
- I don't want to look lazy!

#### STRESS FACTORS: (YOUNG/FIRST TIME MOTHER)

- I don't want anything bad to happen to baby
- How do I take care of the baby?
- I need to get an income!
- Who will help care for my baby?
- I can't sit down!
- I need my belly to go back to normal!

## PHASE 6

### SHE IS A MOTHER (6 - 12 HOURS)



**She feels relieved and proud to be a mother. She prepares to resume normalcy**

#### STRESS FACTORS:

##### (EXPERIENCED MOTHER)

- I need to go home already!

#### STRESS FACTORS: (YOUNG/FIRST TIME MOTHER)

- Is my baby normal?
- How do I get enough breast milk?
- What do I eat?
- How do I wash the baby?

## PHASE 5

### DELIVERY DAY



**She looks for help during delivery**

#### STRESS FACTORS (EXPERIENCED MOTHER)

- Is the midwife taking good care of me?
- Is the baby okay?
- How do I endure the pain?

#### STRESS FACTORS: (YOUNG/FIRST TIME MOTHER)

- What is happening to me?!
- Isn't it time to push yet?



**Note:** The 'Anxiety' is not used in clinical sense; but rather the general fears that a pregnant woman experiences