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?

STRESS FACTORS (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

STRESS FACTORS (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

STRESS FACTORS: (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

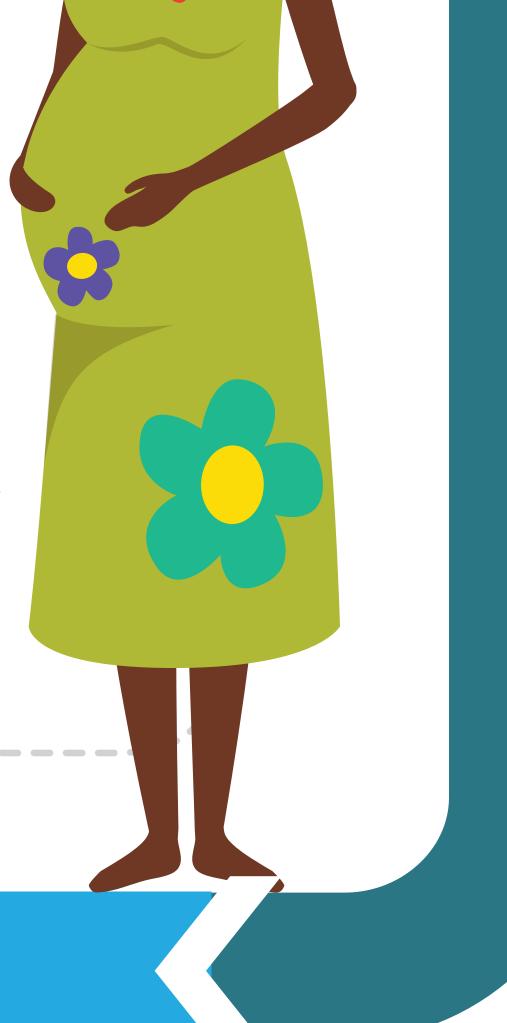
She begins to think about the delivery

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?



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

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?