



North West Maternity Services

If you are pregnant and Black, Black British, Asian and Asian British, you may be more vulnerable to COVID-19.

Maternity services and hospitals are **open and safe** to attend any time. We are here to support you.

COVID-19 has resulted in changes to all of our lives

The constant limitations and changes can be tiring and draining.

This can affect mood and to help manage this you can:

- Improve your diet – try to add fruit and vegetables to each meal and have 3 natural colours on each plate
- Try walking for 30 minutes every day outdoors/indoors
- Do something each day that makes you feel happy (Singing, painting, calling a friend or family member)
- Try to have some structured routine to your day and sleep as this is important for your emotional well being
- Before you go to sleep reflect on one thing that made you smile in your day

It's okay not to be okay.

You can discuss these emotions confidentially with your midwife or GP

**Trust your instincts:
Call your midwife or
maternity unit if you
are worried.**

