

I should be excited... so why am I so anxious?

A gentle, practical introduction to pregnancy worry, the fear of the unknown and finding the right support.



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Book a free 15-minute consultation

www.parentperspective.co.uk

Counselling • Hypnobirthing • Support through pregnancy and parenthood

Why am I worrying so much in pregnancy?

If you are usually the one with a plan, pregnancy can feel unsettling. See what resonates with you.

THE FEAR OF THE UNKNOWN

Appointments, waiting for results and birth can involve things you cannot fully predict or control. Even when all is well, not knowing what comes next may feel difficult.

HAVING A CHILD MATTERS SO MUCH

This may feel like the most important thing you have ever done. Your mind can become extra alert because you care so deeply about your baby.

EXPERIENCING PHYSICAL CHANGES

Changes to your body, hormones, sleep and energy may affect how you feel. Things you would usually take in your stride might feel harder just now.

WHAT YOU HAVE BEEN THROUGH

Previous anxiety, fertility treatment, loss, trauma, difficult healthcare experiences or an earlier birth may influence how this pregnancy feels.

My mind is trying to keep me safe

Worry is part of our natural alarm system. It helps us notice when something needs attention. But it can also react to uncertainty as though it were danger. For example, waiting for a routine appointment may leave you feeling on edge, even when you have no reason to think anything is wrong. The aim is not to ignore a genuine concern; it is to notice when you need medical advice and when you need support with the worry itself.

What has been worrying me most?

I keep worrying... what can I do?

Different worries call for different kinds of support. Start with the one that feels closest to you.

1 ...ABOUT A PHYSICAL CONCERN

I have a symptom, notice a change in my pregnancy or baby, or have a medical question.

WHAT MAY HELP

Contact your midwife, maternity unit or appropriate healthcare professional for advice. Do not use this workbook to decide whether a new or changing symptom is harmless.

2 ...BECAUSE BIRTH FEELS UNKNOWN

I want to understand labour, feel more prepared or have support with fear of childbirth.

WHAT MAY HELP

Antenatal education or hypnobirthing can help you understand birth and practise techniques. If the fear is severe or affecting daily life, speak to your midwife or GP about psychological support too.

3 ...EVEN THOUGH I HAVE BEEN REASSURED

I have had appropriate medical advice, but the worry keeps returning; or something from my past is affecting how I feel.

WHAT MAY HELP

Counselling can offer space to process what is happening, explore the worry and find ways to live with uncertainty. Your midwife or GP can also discuss mental-health support.

You can need more than one kind of support.

Your maternity team can look after a clinical concern while counselling supports you emotionally.

What's on my mind?

Choose a few things that have been on your mind lately. There is no right answer.

My health or body	My baby
Tests or appointments	Birth / fear of childbirth
Not feeling in control	A previous experience
Becoming a parent	Something else

The worry that keeps coming back is...

What I wish I could know for certain is...

Physical health concerns

If you have physical symptoms or concerns about your pregnancy or baby, contact your midwife, maternity unit or appropriate healthcare professional promptly. Follow any individual advice you have been given about when to seek urgent care.

I know all is well, so why am I still worrying?

I have been checked and reassured. Why does the worry still feel so present?

Knowing and feeling are not always the same.

You may have been told that everything looks well at your appointment, but it can take time to feel emotionally settled. That may be especially true if you have recently felt frightened, are finding uncertainty difficult, or have been through something hard before.

If your mind is still racing with questions...

You can ask for emotional support or time to process what you have been through. You do not have to wait until the worry becomes overwhelming to talk about it.

What has already been checked, explained or put in place?

What am I still carrying emotionally?

If a new or changing physical concern arises, contact your maternity team again.

What if my pregnancy worry takes over?

This cycle may feel familiar when you have had appropriate medical advice but uncertainty keeps pulling you back in.

01

UNCERTAINTY

An appointment is coming up. Birth feels unknown. Or something from the past comes to mind.

02

MY MIND JUMPS AHEAD

I start predicting what could happen or whether I will cope, even though I do not have all the information.

03

I TRY TO GAIN CERTAINTY

I visit Dr Google, ask a friend or look for reassurance. It helps me feel more in control for a moment.

04

I FEEL BETTER... TEMPORARILY

The relief fades when another thought, sensation or uncertainty appears. The cycle can begin again.

One thing that will support me today is...

If I feel frightened about giving birth...

Understanding birth and practising ways to cope may make the unknown feel more manageable.



Hypnobirthing with me

UNDERSTAND

What happens during labour and birth, including birth physiology.

RECOGNISE

How fight, flight and freeze can affect the way I feel.

PRACTISE

Breathing, relaxation and hypnobirthing techniques.

PREPARE TOGETHER

How my birth partner can support me.

USE MY TRACKS

Relaxation, sleep and confidence-building practice at home.

Preparation, not a promise about birth

Hypnobirthing cannot guarantee a particular birth experience. It can help you understand your options and practise tools you may find useful if plans change. If fear of childbirth feels severe or overwhelming, you can also ask your midwife or GP about psychological support.

What would I most like to understand or feel prepared for?

How counselling can support me

Even when the medical answers are reassuring, the emotional experience can still feel difficult.

You do not have to have everything figured out.

You might be the person who usually plans ahead, manages everything and finds a way through. Pregnancy can bring a kind of uncertainty that planning cannot remove. Counselling gives you space to talk about how that feels, without being told you should simply relax or enjoy it.



In our sessions, we can...

MAKE ROOM FOR WHAT YOU FEEL

Talk openly about worries you may have kept to yourself, without needing to justify them.

UNDERSTAND WHAT KEEPS THE WORRY GOING

Explore patterns such as trying to predict every outcome or needing repeated reassurance.

MAKE SENSE OF WHAT CAME BEFORE

Consider whether previous anxiety, loss, birth experiences or difficult care are affecting this pregnancy.

FIND A WAY THROUGH UNCERTAINTY

Work towards feeling more grounded and supported, even when you cannot control every outcome.

My approach is person-centred and integrative. I may draw on CBT, ACT or DBT techniques when they are useful to you.

What do I need right now?

Choose one or two things that might make today a little easier. You do not need to do everything.

WHAT DOES MY BODY NEED?

This may include rest, food, gentle movement, sleep support or a familiar relaxation track.

What would help me?

WHAT DOES MY MIND NEED?

Perhaps less Googling, a reliable source of information, a break from triggering content or space to talk.

What would help me?

WHAT DO I NEED TO KNOW?

A question for my midwife, clarity about my care plan or more preparation for birth.

What would help me?

WHAT DO I NEED FROM OTHERS?

Someone to listen, practical help, company at an appointment or a boundary around frightening birth stories.

What would help me?

If the worry is affecting my day-to-day life...

I can talk to my midwife or GP about mental-health support. I do not have to manage it alone.

How Parent Perspective can support you

Choose the next step that feels right. You do not have to decide alone.



Hi, I'm Terri.

I am a BACP Registered integrative counsellor and founder of Parent Perspective. I work with women navigating pregnancy worry, uncertainty, birth and the emotional shift into parenthood.

COUNSELLING

For ongoing worry, feeling out of control, difficult past experiences or wanting somewhere to work through how pregnancy feels.

HYPNOBIRTHING

For understanding labour and birth, practising relaxation and breathing, and preparing with your birth partner.

Ready to take the next step?

If you know which service you want, you can book it directly. If you are unsure, start with a free 15-minute consultation and we can explore what support may suit you.

Book a free 15-minute consultation

Book counselling or hypnobirthing

Both buttons open my secure booking page, where you can choose your appointment.

www.parentperspective.co.uk

Additional support and references

Keep this page if you want to find support or return to the sources behind this workbook.

When to contact your maternity team

If you have a new or changing physical symptom, or a concern about your pregnancy or baby, contact your midwife, maternity unit or appropriate healthcare professional. Follow any individual instructions you have been given about urgent care.

When to ask for mental-health support

If anxiety is persistent, difficult to manage or affecting your daily life, speak to your midwife or GP. In England, you can also self-refer to NHS Talking Therapies. For urgent mental-health help, use NHS 111; if there is an immediate risk to life, call 999 or go to A&E.

Explore support with Parent Perspective

www.parentperspective.co.uk

REFERENCES AND FURTHER READING

NHS: Mental health problems and pregnancy

NHS: Antenatal classes

NICE CG192: Antenatal and postnatal mental health

A note about this workbook

This is an educational and reflective resource, not a diagnostic tool or a substitute for individual medical or mental-health assessment. The three support routes are a Parent Perspective guide, not an NHS or NICE classification. Medical care and counselling can be used alongside one another.