



LIST OF PLEASANT ACTIVITIES

Relaxation and meditation

The practice of relaxation and mindfulness, introduced in Module 2, allows you to do one thing at a time and gently bring your attention back to what the situation requires in that moment, without passing judgment.

- Check out a mindfulness audio or video.
- Do a relaxation exercise.
- Complete a breathing exercise.

Physical activities

Aside from promoting your baby's development, physical activity tailored to your abilities and condition is good for both your body and mind. By increasing your bodily sensations, these activities help you “get out of your head” when you feel preoccupied.

- Practise yoga adapted to your condition.
- Take a walk.
- Do physical exercises adapted to your pre- and post-natal condition (e.g., stroller workout, swimming).

Artistic activities

Artistic activities contribute to well-being, allow people to live in the moment, and bring immediate enjoyment. In addition, they encourage the expression of emotions.

- Painting
- Colouring
- Knitting
- Doing/colouring mandalas
- Playing music
- Singing
- Taking pictures



Contemplative activities

Contemplative activities allow you to focus on one thing for a certain period of time. They may be particularly suited to people who are less keen on relaxation.

- Observe nature (a tree, a campfire, the moon).
- Observe a pet.
- Watch a sunset.
- Watch logs burning in a fireplace.
- Listen closely to music.

Social activities

Social activities help to break isolation. Positive social interactions are beneficial.

- Contact a friend.
- Invite a friend over for coffee.
- Go for a walk with someone.
- Participate in a group activity organized by the community (borough, group of pregnant women, new parents). The activity can be face-to-face or virtual.
- Participate in a spiritual or religious activity.

Intellectual activities

The acquisition of knowledge can generate a sense of control over the situation as well as distract in a constructive and positive way.

- Read (e.g., novels, short stories, photography books, child development guides).
- Do a puzzle.
- Play a strategy game.



Taking care of your body

This includes essential actions to maintain a good balance.

- Cook a nutritious dish.
- Prepare a pitcher of flavoured water and hydrate.
- Establish and follow a sleep routine.
- Take a nap.
- Apply moisturizer.
- Get a manicure or pedicure.

Writing activities

They allow you to free your thoughts, develop your creativity, and stimulate your memory, and help you to live your emotions.

- Keep a diary.
- Handwrite a letter to a friend or family member.
- Write a letter to your unborn child.
- Prepare your baby's birth book.