



Pregnancy is a special time of connection and growth.

Taegyo, a traditional Korean practice, offers a beautiful way to enhance this journey. It's about prioritizing your well-being, knowing that your happiness and peace of mind directly impact your baby.

Are You Taking Care of Yourself?

- 1. How are you feeling today?** Take a moment to check in with yourself. Are you feeling rested, calm, and energized, or are you feeling tired, stressed, or anxious?
- 2. Are you getting enough sleep?** Sleep is essential for both your well-being and your baby's development. If you're feeling fatigued, try to prioritize rest.
- 3. What's bringing you stress?** Identify any sources of stress in your life. Are there tasks you can delegate or activities you can avoid to reduce stress?
- 4. Are you eating well?** Make sure you're nourishing your body with food that fuels you and makes you feel healthy and satisfied.

Simple Guidelines for Taegyo Practice:

- 1. Listen to your body:** Rest when you need to, and don't push yourself too hard.
- 2. Do what makes you happy:** Engage in activities that bring you joy, whether it's listening to your favorite music, watching your favorite shows, or spending time with loved ones.
- 3. Stay connected:** Talk to your baby, and share your thoughts, hopes, and love. Even small moments of connection can make a difference.
- 4. Prioritize your well-being:** Make self-care a priority—because a happy and healthy mother leads to a happy and healthy baby!
- 5. Remember:** There's no one "right" way to practice Taegyo. The key is to find joy in the everyday moments and ensure you're caring for yourself, physically and emotionally.
- 6. Delegate and Ask for Help:** Don't hesitate to ask for support from your partner, family, and friends. Pregnancy is a time to lean on those around you.