

Morning Sickness Relief Guide & Tracker



@MindfulMotherhood



WELCOME

Welcome to this helpful guide, prepared by **MindfulMotherhood**, designed to support expectant mothers through the early stages of pregnancy. This resource provides practical tips, insights, and strategies to manage common challenges such as **morning sickness, fatigue, and lifestyle adjustments**.

- Each section is structured to offer clear, actionable advice, allowing readers to implement simple changes that can make daily life more comfortable and enjoyable during pregnancy.
- The information in this guide is intended for educational purposes and to empower moms-to-be with knowledge. While every effort has been made to ensure accuracy, individual experiences may vary. Always consult a healthcare professional for personalized medical advice.
- We hope this guide becomes a valuable companion in your pregnancy journey, helping you feel informed, supported, and confident.

When I faced morning sickness in my first pregnancy, simple tracking and small snacks made a big difference — this guide blends personal experience with practical, trusted tips.

How To Use

This book is designed to support you through your pregnancy journey in a practical and gentle way. Here's how to make the most of it:

1. Start with the Tips

Begin by reading the recommended ways to reduce morning sickness and feel more comfortable during your pregnancy. You can try one or several methods that feel right for you.

2. Use the Tracker

Follow the 6-week tracker to record your daily experiences. Note your symptoms, what works for you, and any changes you observe. Tracking helps you identify patterns and find what best eases your discomfort.

3. Write Your Notes

There are dedicated blank pages throughout the book. Use them to jot down personal observations, reflections, or ideas. This makes the book truly yours and a helpful reference in the future.

4. Take Your Time

There is no rush. Use the book at your own pace. Reflect, write, and adjust your routine based on what feels best for you. The goal is to create a mindful, calm, and supportive pregnancy experience.

5. Stay in Touch with Your Doctor

While this book provides helpful tips and trackers, it is not a substitute for professional medical advice. Always consult your healthcare provider about any symptoms, concerns, or changes in your pregnancy. Use this book alongside regular check-ups to ensure a safe and healthy journey.

How to Use This Section

Follow the tips below and track what works best for you. Use the notes area to write observations. Always check with your healthcare provider if symptoms persist or worsen.

1. Ginger Tea or Candies

Ginger in tea, lozenges, or candies can calm nausea naturally.

Notes:

2. Small, Frequent Meals

Eating small meals every 2–3 hours can prevent your stomach from feeling empty or too full.

Notes:

3. Hydration is Key

Drink water or electrolyte-containing beverages throughout the day to stay hydrated.

Notes:

4. Fresh Air & Light Exercise

Open windows or take short walks; light movement helps digestion.

Notes:

5. Avoid Trigger Smells

Identify odors that make nausea worse and try to minimize exposure.

Notes:

6. Protein-Rich Snacks

Keep snacks like nuts, yogurt, or cheese handy to stabilize blood sugar.

Notes:

7. Acupressure Bands or Pressure Points

Use wristbands or gently massage pressure points on your wrists for relief.

Notes:

8. Relaxation & Stress Reduction

Deep breathing, meditation, or listening to soothing music can reduce nausea caused by stress.

Notes:

9. Morning Routine Adjustments

Keep crackers or dry toast by the bedside; eat a small amount before getting up.

Notes:

10. Medical Support

Consult your doctor if nausea is persistent, accompanied by vomiting, or causing weight loss.

Notes:

11. Lemon & Citrus

The scent or taste of lemon, orange, or lime can reduce nausea.

Try lemon water or lemon candies.

Notes:

12. Cold Foods

Cold meals often produce less smell and can be easier to tolerate than hot meals.

Notes:

13. Avoid Spicy or Greasy Foods

Foods that are very spicy, fried, or oily can trigger nausea in many pregnant women.

Notes:

14. Eat Slowly & Chew Well

Take your time when eating; chew thoroughly to help digestion.

Notes:

15. Peppermint

Peppermint tea, candies, or essential oil inhalation can soothe the stomach.

Notes:

16. Rest After Eating

Avoid lying down immediately after meals; a gentle sit or light walk can help digestion.

Notes:

17. Keep a Sickness Diary

Track which foods, smells, or activities worsen nausea, so you can avoid them.

Notes:

18. Vitamins & Supplements

Take prenatal vitamins with food, or at a time when nausea is minimal. Consult your doctor for alternatives if needed.

Notes:

19. Aromatherapy

Inhaling soothing scents like lavender, ginger, or peppermint can help reduce nausea episodes.

Notes:

Week Morning Sickness Tracker

How to Use the Tracker

Use this tracker to monitor your morning sickness over 4 weeks. Each day, fill in:



Remedy Used: Any method you tried to ease nausea.


Nausea Level (0-10): Rate your nausea from 0 (none) to 10 (severe).


Notes: Any observations, triggers, or feelings you want to remember.


Tracking daily helps you notice patterns, understand what works best, and share accurate information with your doctor.

WEEK 1

HOW DID I FEEL LAST WEEK?

☐ Mostly okay 

☐ Ups & downs 

☐ Very hard 

GOALS OF THE WEEK

☐

☐

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☐

DAYS	REMEDY USED	NOTES	NAUSEA (0-10)
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

DAY :

DATE :

NAUSEA INTENSITY

0 1 2 3 4 5 6 7 8 9 10

WHAT HELPED TODAY?

<input type="checkbox"/> ginger	<input type="checkbox"/> medication
<input type="checkbox"/> lemon	<input type="checkbox"/> other :
<input type="checkbox"/> small meals	<input type="checkbox"/>
<input type="checkbox"/> rest	<input type="checkbox"/>

POSSIBLE TRIGGERS

<input type="checkbox"/> smells	<input type="checkbox"/> fatigue
<input type="checkbox"/> empty stomach	<input type="checkbox"/> other :
<input type="checkbox"/> stress	<input type="checkbox"/>
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TODAY'S NOTES

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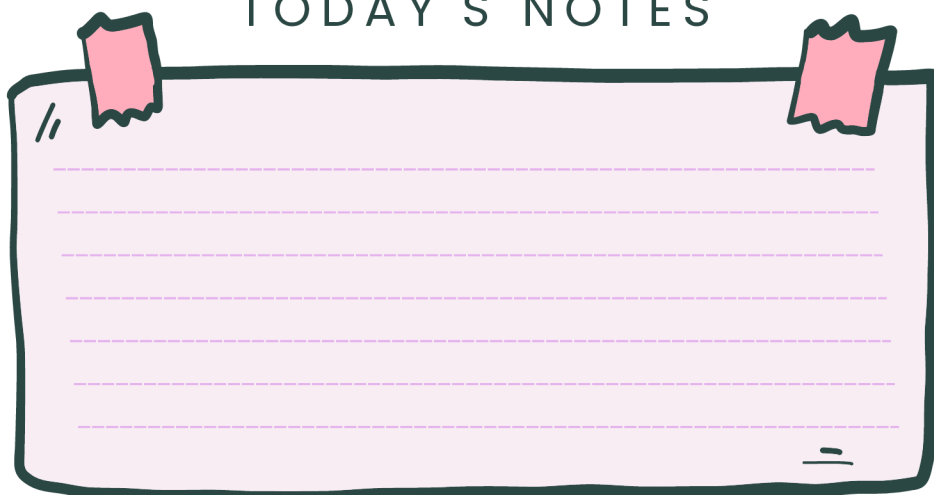
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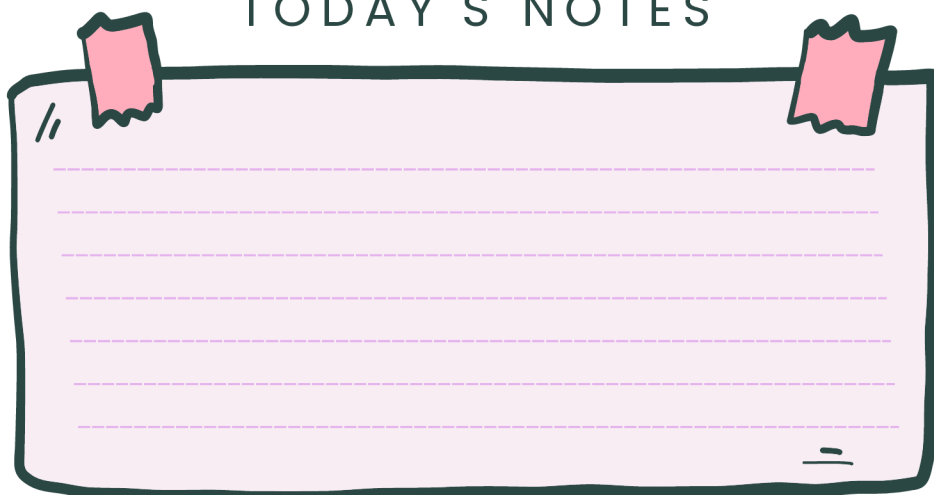
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TODAY'S NOTES





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WEEK 2

HOW DID I FEEL LAST WEEK?

☐ Mostly okay 

☐ Ups & downs 

☐ Very hard 

GOALS OF THE WEEK

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MON			
TUE			
WED			
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FRI			
SAT			
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DAY :

DATE :

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TODAY'S NOTES

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TODAY'S NOTES

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TODAY'S NOTES

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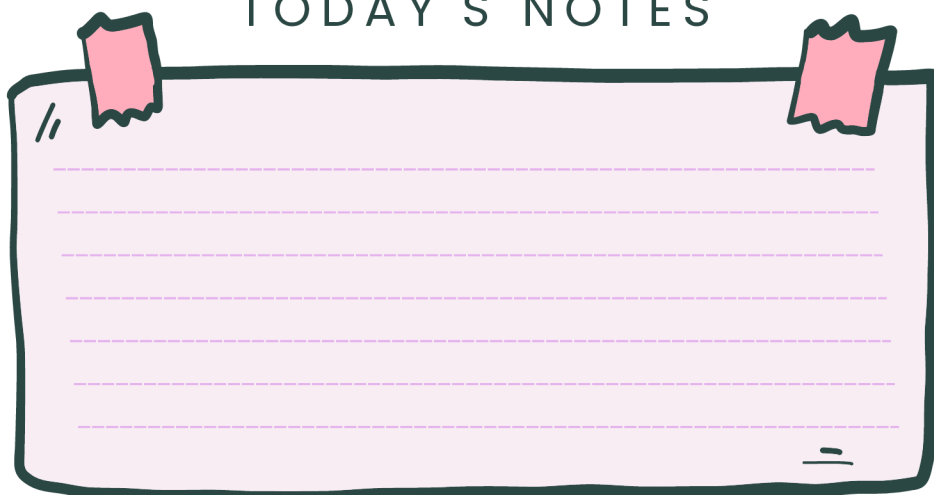
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TODAY'S NOTES



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TODAY'S NOTES

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TODAY'S NOTES

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WEEK 3

HOW DID I FEEL LAST WEEK?

☐ Mostly okay 

☐ Ups & downs 

☐ Very hard 

GOALS OF THE WEEK

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DAYS	REMEDY USED	NOTES	NAUSEA (0-10)
MON			
TUE			
WED			
THU			
FRI			
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DAY :

DATE :

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TODAY'S NOTES

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TODAY'S NOTES

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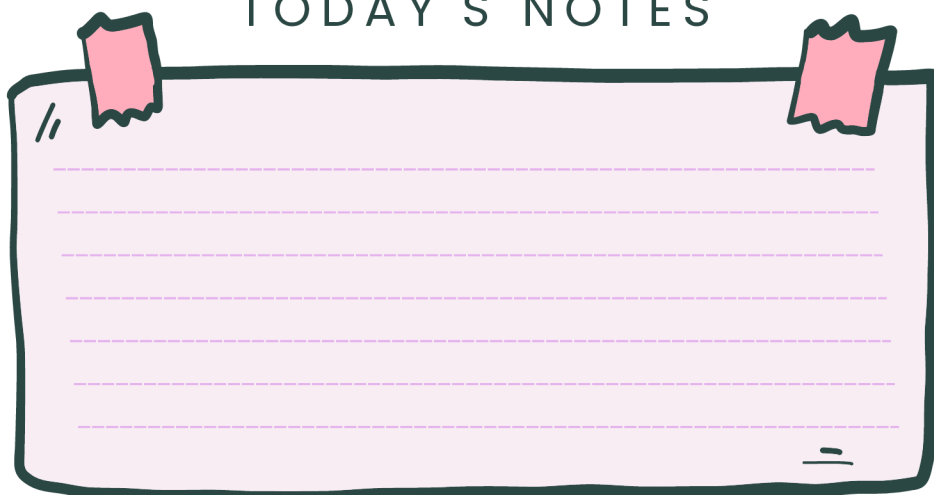
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TODAY'S NOTES



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TODAY'S NOTES

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TODAY'S NOTES

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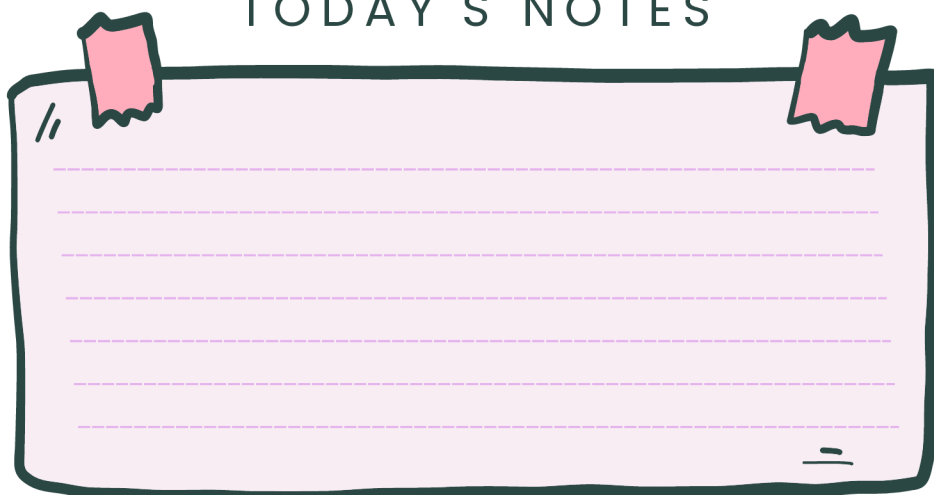
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TODAY'S NOTES


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WEEK 4

HOW DID I FEEL LAST WEEK?

☐ Mostly okay 

☐ Ups & downs 

☐ Very hard 

GOALS OF THE WEEK

☐

☐

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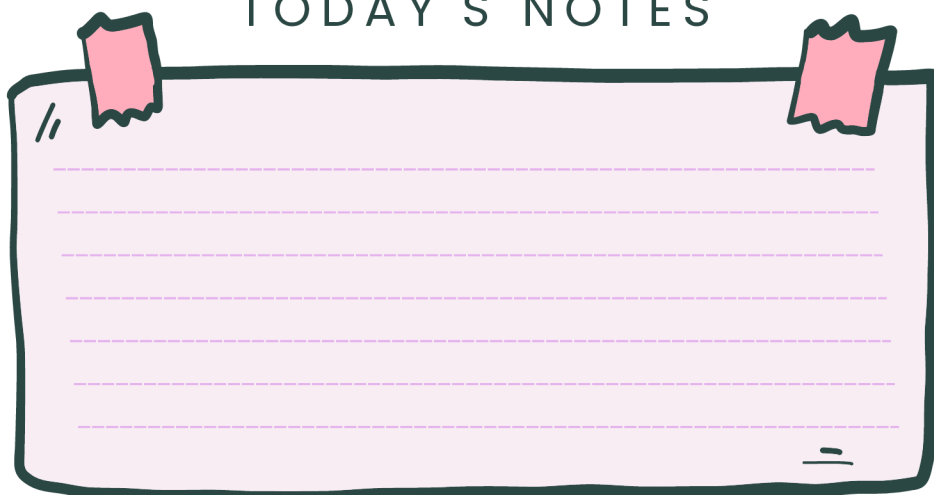
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TODAY'S NOTES



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WEEK ...

HOW DID I FEEL LAST WEEK?

Mostly okay


Ups & downs


Very hard

GOALS OF THE WEEK

DAYS	REMEDY USED	NOTES	NAUSEA (0-10)
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

HOW DID I FEEL LAST WEEK?

Mostly okay 

Ups & downs 

Very hard 

GOALS OF THE WEEK

DAYS	REMEDY USED	NOTES	NAUSEA (0-10)
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Notes / Journal

Use this space to write down your personal thoughts, observations, or reflections.
You can:

Track how you feel each day

Jot down inspiring thoughts or affirmations


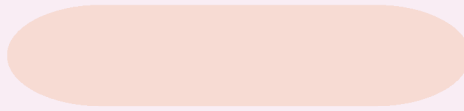
Note any changes in your pregnancy symptoms

Record questions or reminders for your doctor



This page is yours—fill it with anything that helps you stay mindful and connected during your pregnancy journey.

Date :

The page contains 24 horizontal dashed lines for handwriting practice, evenly spaced from the top of the page down to the bottom.

Date :

Date :

Date :

Date :

Date :

Date :

Date :

BEFORE YOU GO

Congratulations on taking this mindful step toward caring for yourself during pregnancy. 🌸

Morning sickness can feel overwhelming, but remember—you are not alone on this journey. Every small effort you make to nurture your body and mind brings you closer to balance and comfort.

Keep using your tracker, writing your notes, and practicing affirmations whenever you need encouragement. These tools are meant to support you, but they do not replace professional medical advice. Always prioritize your safety and consult your healthcare provider for guidance.

You are strong, capable, and deserving of care.

Continue to listen to your body, be gentle with yourself, and celebrate each little victory along the way.

With love and support,

@MindfulMotherhood