MANAGING GOLDEN MEMORIES OF PREGNANCY

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ABSTRACT
Pregnancy is a life time miracle in a woman’s life. Acknowledging the fact that the women are carrying the future within themselves is really exciting and inspiring for a mother to be. At no other time in any women’s life will face many physical, emotional and social changes as during the time that women are pregnant. During this time every woman needs to focus on the fitness part of self-health, which is not only the physical fitness but mental and emotional fitness as well. Mental and physical fitness plays an important role during pregnancy. Various researches have suggested that a mother’s physical and mental wellness during pregnancy can affect not only the outcome of their pregnancy but the wellbeing of their child later in life.

Keywords: Pregnancy, womb

INTRODUCTION
A child’s rearing and development begins from the time it is conceived, rather than once it is born. In fact all the basics of life are learnt through the pregnant mother. Her joys and suffering, her food and exercise, her thoughts and emotions everything has an impact on the fetus. That is why the modern psychological studies have been trying to establish the importance of using writing therapy while in pregnancy.

These studies suggest that the pregnant woman should write down her positive thoughts and feelings in a memory diary regularly, which will be helpful for the child’s emotional fitness in the years to come. The fetus registers every experience the mother is going through.

Mother’s womb is a school before birth. According to this theory, any positive or negative feelings and emotions are experienced by the mother are registered in the child’s body mind system and create his personality. According to not only ancient scriptures, but also modern day scientific researches, the fetus in the womb registers everything that the mother goes through – mental, physical, emotional etc. It registers everything in the form of impressions that also form the basis of life. The fetus registers what makes the mother happy and what brings her unhappiness.

It is for this reason that various music companies have produced audio disks that calm the mind and bring a feeling of harmony. Modern educationists encourage to pregnant women to read a lot of educative and value building books, as well as to listen music that has happy and calming tunes. The researches by the department of psychology in the University of Virginia have also suggested that pregnant women should maintain a daily memory diary of everything positive that happens through the day.

According to the research, as the woman relives the positive moments her body mind system records what in life is worth remembering and the information is automatically transferred to the system of the child. The child born to the woman, who in her pregnancy has been reliving the positive moments of
each day and recording them in her memory diary regularly, will more probably be optimistic and courageous in his/her life.

Researches in this stream of psychology have shown that keeping a memory diary while in pregnancy can become an important tool for the mother to communicate with the child who is yet to be born. During this period woman feels herself closest to her baby and wants to share her feelings with the baby.

The pregnancy memory diary can become an invisible umbilical cord between the mother and the child that can never be broken. As the child grows up, he/she will feel close to the mother with a sense of gratitude whenever he/she reads what his/her mother’s feelings were about him/her even when he/she was not born. This will always give him/her a feeling of being special and loved, which is the foundation of successful relationships in life.

MEMORY DIARY WRITING ENHANCES

Memory power – Regularly exercising the memory center of the brain through diary writing helps in boosting the memory power. One begins to understand the finer nuances of writing and literature. One will be able to remember and use appropriate idioms and phrases automatically and are able to express self-more clearly. One will be able to easily recall events that have occurred in the immediate past, remember the events that took place in the recent past and recollect events that had happened in the remote past.

Self-confidence – When one write down self-goals and achievements in the memory diary ones confidence level automatically grows to a higher level. The ink flowing out of one’s pen becomes a river of thoughts and words propelling one forward into action cutting a path through a mountain of obstacles for its onward journey towards the desired destination.

Positivity – In the evening when one recalls the interactions throughout the day with the world at large and write down the best parts in the memory diary, one see the glass of life as half full instead of half empty. One automatically sees only the good happening around self. Writing about it makes self-optimistic and reinforces one’s faith in a better future for self, near and dear ones and whole of humanity.

Emotional stability – Initially one gets shocked and hurt by loss that one sometimes suffers at the hands of some close related person. But while writing about it in the diary one tends to become philosophical which leads to a tolerant and forgiving attitude in ones renewed understanding one don’t react emotionally to provocations, however grave but respond with maturity. One then retain only the good takes, edit out unpleasant scenes and script a happier future.

Visionary – Writing a memory diary not only takes one back into the past but also helps to plan for the future. The past is long dead, the future is unborn, but the present is in one’s hand. And if in this present moment one hold a pen and write in one’s memory diary about the dreams then in reality one will be writing one’s own destiny. To envision the future in words is to realize it.

REFERENCES

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