

FIRST TRIMESTER

First trimester self-care checklist: taking care of yourself when everything feels overwhelming

No zen routines here, just the real tricks for surviving first trimester days when even water tastes wrong. Tear-out checklist included.

A free guide from [maternity.app](#)

First trimester self-care isn't about perfect routines. It's about getting through the day when even brushing your teeth feels like a victory.

Your body is working overtime right now

Fatigue isn't just being tired. Nausea isn't just queasiness. What you're feeling is real hormonal work. Steal these shortcuts wherever you can.

Daily survival kit

- ☐ Keep a sleeve of plain crackers in your nightstand drawer
- ☐ Pick one hydration hack (cold water with lemon, electrolyte popsicles, herbal tea)
- ☐ Prep an emergency stash (nausea meds, extra underwear, plastic bags)
- ☐ Wear whatever doesn't fight your body (maternity leggings from week 6? yes)
- ☐ Say 'no' to one non-essential task today
- ☐ Set up a charging station where you collapse most often
- ☐ Bookmark the closest bathroom in every new place you go

Watch out for guilt masquerading as laziness

- **Napping isn't indulgence.** Your body uses sleep to build 20 major organs this month.
- **Cravings are intel.** Salt may help with rising blood volume, carbs with dropping blood sugar.
- **Showers count.** If washing hair feels impossible, lean into dry shampoo until week 14.

RED FLAGS ARE NOT SELF-CARE

Call your provider if you can't keep down liquids for 12 hours, get dizzy standing, or see spotting with cramps. These need professional attention, not more rest.

When people say 'just rest' and you want to scream

- ☐ Delegate one visible chore (let someone else buy the milk this week)
- ☐ Screen calls during peak nausea hours
- ☐ Keep a 'no explanation needed' reply ready ('Doctor's orders!' works)

You don't have to earn rest. First trimester is the marathon before the marathon.