

Early Signs of Pregnancy

Early signs of pregnancy can vary from person to person, but some common early indicators include:

- Tender, sore, or swollen breasts
- Elevated basal body temperature (the lowest body temperature that is reached during rest, typically in the morning before any physical activity or eating)
- Bloating and constipation (caused by an increase in the hormone progesterone)
- Nausea aka morning sickness
- Heightened sense of smell
- Cravings and aversions
- Feeling like you always have to pee
- Exhaustion and fatigue
- Missed period
- Mood swings (caused by fluctuating hormones)