

Celebrity Pregnancy: Tristan Thompson's Ex Claims Khloe Kardashian Relationship Caused Pregnancy Complications



By

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In [celebrity news](#), Cleveland Cavaliers player Tristan Thompson is being accused of causing pregnancy complications for his ex, Jordan Craig. According to *UsMagazine.com*, the complications arose when Thompson publicly dated a woman believed to be Khloe Kardashian. The stress of being publicly ridiculed resulted in an order for bed rest and eventually,

severe pregnancy complications.

In celebrity pregnancy news, Tristan's ex is blaming Khloe Kardashian for her pregnancy complications. What are some ways to keep stress from affecting your pregnancy?

Cupid's Advice:

Pregnancy is a wonderful time for mothers-to-be, but there's no denying the added stress of growing another life. Staying relaxed can help ensure a healthy and complication free pregnancy. Here are some ways to eliminate stress:

1. Get enough rest: getting the recommended 8-10 hours is essential to your mood and the babies health. Lack of sleep throws off your bodies regulatory hormones and adds to stress.

Related Link: [Celebrity News: Blac Chyna Slams Exes Rob Kardashian & Tyga Over Child Support](#)

2. Try gentle exercise: moving around during the day will keep your endorphins up, in turn relaxing your mental state. Activity also has the added benefit of improving your sleep cycle.

Related Link: [Celebrity Parents: Mindy Kaling Opens Up About Single Parenting and Hard Work](#)

3. Ask for help: pregnancy effects your mind and body in ways that can be difficult. Things that were once second nature may have become a challenge, but don't be afraid to ask for help when you need. It'll be a huge load off your plate.

How do you relax? Share in the comments below!