

Jewel and Ty Murray Welcome a Baby Boy



Looks like Jewel will be singing lullabies to her new baby boy, Kase Townes Murray. Jewel, the co-host of Bravo's new hit show 'Platinum Hit' found out she was pregnant the first day of filming for the show, according to [People](#). The singer was overjoyed when she found out she was expecting a child with Ty Murray, because she was having troubles conceiving. Unfortunately, she was involved in an accident where she was hit by a fire truck back in March while 5 months pregnant. Luckily, she and her unborn child were unharmed and the rest of her pregnancy was easy sailing!

How do you deal with pregnancy side effects at work?

Cupid's Advice:

Being a career woman and a new mom is definitely a lot to handle, and when you throw in some side effects from the

pregnancy, forget about it! Cupid has some tips on how to deal with pregnancy side effects at work:

1. Focus on work: Don't let the side effects of your pregnancy get to you. If you're distracted by your work, it will help to forget your upset stomach (and other aches/pains).

2. Try some different techniques: If you feel like you're dealing with a lot of side effects from your pregnancy at work, try to do some simple relaxation or breathing techniques to keep your mind off of the symptoms.

3. Embrace them: Yes, maybe having morning sickness or undeniable cravings can be rough at work, but embrace them and accept that it's all part of motherhood. It will be a lot easier to cope with them if you're willing to acknowledge that it's all worth it in the long-run.

What are some ways you deal with pregnancy side effects at work? Share your thoughts below!