

Celebrity Pregnancy: 'My Girl' Star Anna Chlumsky Is Expecting



By Meghan Fitzgerald

According to [People](#), 'Veep' star, Anna Chlumsky, and husband Shaun So are expecting their first child this upcoming summer! I'm feeling pretty good so far, Chlumsky, 32, tells *People*. I was really lucky I did not have any morning sickness which was great because I was working. [CNN](#) reports that the couple since 2008 are getting their nursery ready and preparing for their baby! The two are keeping the gender of their baby a secret...guess we'll have to wait until summer!

What are some ways to have a worry-free pregnancy?

Cupid's Advice:

It is essential to have a worry-free pregnancy so your child

will come into a non stress, loving environment. Being pregnant is not always the easiest thing you will do in your life. However, there are ways to keep it non stressful. Cupid has some more advice on a worry-free pregnancy:

1. Yoga: In most aspects of life, yoga relieves stress and creates a worry-free life. Yoga increases your sleep schedule, it reduces anxiety, increases strength and flexibility. It decreases any pain you may be having, and risk the chance of labor problems. Prenatal yoga strengthens your muscles, but it also strengthens your mind! Prenatal yoga only involves breathing, stretches, postures, and relaxation.

2. Preparation: A worry-free pregnancy can be had if you prepare for your pregnancy! With a few easy steps, you can organize yourself and have a relatively easy pregnancy. Prepare your child's room-to-be, their clothing, the baby shower. Organize a sleep schedule, when you will get back to work, any doctors appointments or parties. Plan months and months ahead and you won't worry about a thing.

3. Support: Having a worry-free pregnancy is easier to uphold if you have a person by your side, preferably a significant other. You want your partner to be with you all along the steps of your pregnancy. Having your mate by your side will release all the weight off your shoulders. Any problems you may have can go straight to them. Support will come right along in your relationship.

Did you have a worry-free pregnancy? Share your experience below.