

# 5 Tips for Relaxation



## 1. A Peaceful Place

Find a space and a time when you are least likely to be interrupted. If you have kids at home already, use nap time/quiet time. If you work full time, use a lunch break or your evenings. At the very least, you can basically go to bed early and use this time to practice deep relaxation. You don't need long. You're looking for 30 minutes MAX to practice your relaxation ,daily. Silence your phone and place in another room. Choose a place that you will regularly practice your relaxation & meditation.

## 2. A Peaceful Position

I recommend lying down on your side, with pillows supporting you on all sides, one knee tucked up towards your heart and supported by a pillow (often called "side-lying" position.) If relaxing in a chair is your only option, just support your body and especially your head and neck as much as possible. Place your feet up if you can. The goal is to choose a position that you can relax so deeply in that you won't need to support your body at all. Essentially, if you are "turning your muscles off," you can still be both comfortable and supported.

## 3. A Peaceful Prompt

Choose prompts in your external setting that will train your internal setting to focus and relax. This can be music or a playlist that you will listen to during labor. This can be physical prompts like a touch from your partner, a movement/cue from yourself (like tapping your finger or counting back from 3), a word, a bible verse, a prayer, or a mental picture. Anything that you or your partner or doula can grab and use as a trigger for deep focus and relaxation during your labor. The idea is that these are cues to hang your thoughts and relaxation on which you have been (and here's the key) practicing with for weeks and months leading up to your birth.

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## 4. A Peaceful Purpose

The goal with this time is not to imagine a reality into guaranteed existence. Instead, the goal is to practice deep focus, Christian meditation, and relaxation that has been anchored in truth-filled prompts. These prompts will serve you in any set of circumstances and in any environment. Imagine that the prompts you create and what you choose to think about in preparation for your birth are “hooks” to hang your thoughts on. Our imaginations are active and alive and leading us daily- often towards fear and anxiety. Christians indeed live in a world of unknowns but are anchored in a reality of what is known about their God. You are simply taking time in your day to proactively think about your birth with hope, truth centered focus, and expecting God’s grace and presence. This time will be used to practice relaxation that will serve you with peace & confidence during your birth as you access those cues to anchor you in relaxation.

## 5. A Peaceful Pace

Practice makes perfect. Well, maybe not perfect. That’s not actually our goal. Progress not perfection. With that said, deep relaxation is something that cannot be achieved on demand without practice. You are trying to create pathways in your brain that train your body to respond with relaxation and calm. Every laboring woman knows she’s supposed to relax. That doesn’t mean she knows how to when her body is doing the most intense thing it’s ever done. That’s what I want people to understand. You need to practice and train your body to relax on cue so that when you need to be relaxed the most, you can access that physical response through a mental focus, rooted in spiritual peace and emotional confidence in God.



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