



## OTHER HELPFUL TIPS FOR RELAXATION



### **PRENATAL MASSAGE**

Massage can ease tension in the body from common pregnancy discomforts. As your body accommodates your growing baby. It's common to feel muscle tension in hips, back, shoulders and legs. Getting massages in pregnancy can help decrease this discomfort and pain. While also helping your body prepare for labor.



### **EATING HEALTHY**

Eating a well balanced diet with healing foods can aid in your overall health, stamina and energy. Which also affects your mental wellbeing. With the added strain of pregnancy on the body a well balanced diet can ensure the birthing person and fetus have optimal health.

## CONTACT US



4647 Long Beach Blvd.  
Suite B3  
Long Beach, CA 90805



562-472-5437



togetherinbirth@gmail.com  
www.togetherinbirth.com



#### References:

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## RELAXATION IN PREGNANCY



## PHYSICAL RELAXATION

Physical relaxation in pregnancy has been associated with better obstetrics and neonatal outcomes. These relaxation techniques can help to reduce stress in the pregnant person's body. Bringing awareness to tension in the body can also help to ease pregnancy and labor discomforts.



## HELPFUL TECHNIQUES FOR PHYSICAL RELAXATION

Physical relaxation in pregnancy helps ease and release tension and or stress in the body. Releasing tension in joints, muscles, and areas of the body that hold any stress. These can come from working environments, pregnancy discomforts, aches etc...

### TRY THESE EXAMPLES:

#### YOGA

Yoga can help ease built-up tension in ligaments, and muscles as your body tries to accommodate your growing baby. It also helps to regulate your breathing which will be helpful in labor.



#### SWIMMING

Water therapy helps immensely to ease the shift of gravity of your growing body and growing baby. It's easier on the joints, ligaments, and muscles. Water therapy is great in labor as well!



#### DANCING

Dancing helps to move the body and blood flow. Rhythmic movements help the pelvis to loosen. Helping to engage baby's head for birth. Slow and sensual dancing helps you to connect with your new body and appreciate the amazing process it's going through.



## MENTAL RELAXATION

A brochure is an informative paper document that can be folded into a template, pamphlet or leaflet. A brochure can also be a set of related unfolded papers put into a pocket folder or packet.

#### MEDITATION

Bringing mindfulness to your center can be very soothing to your mind. Connecting with your body and feeling your breathe travel through your body helps to slow your heartrate, reduce blood pressure.

#### VISUALIZATION

Imagery can be helpful to reduce stressful situations and help ease pregnancy aches and labor surges. It can also help slow your mind when you find thoughts racing with day-to-day tasks that seem overwhelming.

#### BREATH WORK

Learning proper breathing techniques can help reduce stress and eases the discomfort of surges in labor. Deep inhales in through your nose and long exhales out through your mouth helps reduce pain and tension and your body.

#### AROMA THERAPY & MUSIC

Many essential oils have the capacity to help ease varying emotions and feelings. Citrus oils can help increase positive thoughts and feelings. While peppermint can help with nausea and headaches. Music can also help to change your mood if feeling down or tired in labor.



## EMOTIONAL/SPIRITUAL RELAXATION

Feelings of worry, stress, or fear can hinder your body's ability to have a healthy pregnancy and can interfere with the labor process. Knowing how to positively handle these feelings during pregnancy and birth can increase your chances of feeling safe during this vulnerable time in your life.



#### JOURNALING

Putting your thoughts down on paper in times of emotional distress can help to release those negative feelings. This can help to free up space in your body for positive thoughts. They can also be good feelings that you may want to share with your unborn baby and your wishes for the future.

#### DISCUSSING CONCERNS WITH YOUR BIRTH TEAM & SUPPORT PERSON

Sharing your concerns and birth goals with your birth team can help reduce fears and anxiety. Having the support of both your birth partner and the medical team helps regulate your emotional health.

#### BUILD YOUR COMMUNITY

Connecting with spiritual or religious practices lends you support from people who align with your family goals. This helps to have more support during pregnancy and postpartum. Family and friends can help with tasks at home. This helps free up time for you to spend resting and healing after your birth. As well as bonding with your new baby.