

Stress management during pregnancy

Learning relaxation techniques that can help you throughout your pregnancy, labor and birth can be valuable tools. Relaxation reduces stress and saves you energy. During labor, it will help you work with your body rather than fight the contractions. Following are several relaxation techniques you may find helpful:

Relaxation from the inside out

Use your imagination to create or remember a place of safety and comfort. Use music or a special scent to help you picture this place. Enjoy the pleasant feelings and sense of comfort. Meditate on a word or sound, or focus on your relaxed, gentle, rhythmic breathing.

Relaxation from the outside in

Practice this with a partner. Your partner touches your arm, or your leg, and you

concentrate on relaxing the muscles being touched. Release the tension in those muscles, and relax. Your partner can firmly but gently stroke your muscles from the center of your body outward. Think of this touch washing away your tension. Breathe in relaxation.

Positions for relaxation

Try relaxation in a favorite rocking chair or on your bed. Use pillows and your partner to support your body, and keep any part of your body from resting directly on top of another. Avoid lying flat on your back.

Buffalo Hospital offers prenatal support and education. For more information, call the Buffalo Hospital Education Department at 763-682-7121.

