

Personal Relaxation Chart

Everyone handles stress in their own way. Based on your five senses, think about what helps you feel relaxed and fill out this chart. Use your relaxation preferences as a guide for techniques to try and things you can bring to help during labour.

Taste

Examples: ice, hot tea, lollipop, popsicle, broth

Touch

Examples: massage, effleurage, light or firm touch, shoulder or head rub, soft objects, tub/shower, hot/cold packs

Sight

Examples: visualizations of baby, scenery or memories; closed eyes; dimmed lighting

Sound

Examples: music, white noise, repeated words or chants, breathing sounds, relaxing words

Smell

Examples: aromatherapy scents, spices, potpourri

Relaxation Aids to Bring

Examples: ultrasound photo, LED candle, hot water bottle, your pillow
