



COMPREHENSIVE WOMEN'S HEALTH

Building healthy relationships.

Pregnancy Relaxation Techniques

Prepare to use these Relaxation Techniques by getting a relaxing tape or CD that you will enjoy listening to. There are many stores in Gainesville that have an excellent supply to choose from and can make recommendations. Make sure you choose a time to practice these techniques when you are least likely to be disturbed. **This is YOUR time with your baby!**

- Get into a comfortable position: make sure all your limbs are supported and slightly bent.
- Start to focus on your breathing, slowing it down and relaxing more on each exhalation.
- Continue to breathe in and out slowly: listening to the music and allowing yourself to become more and more relaxed.
- Starting at the top of your head, focus on your scalp and forehead, allow them to relax, smoothing away the wrinkles and tension.
- Let your eyes softly close and feel the gentle flow of release soothing your eyes.
- Relax your mouth, allowing it to remain slightly open.
- Relax your jaw and allow the remaining tension in your face to flow away with your next exhalation.
- Continue to breathe slowly and rhythmically.
- Relax the muscles in your neck and allow the warmth to radiate down to your shoulders. Feel the soothing sensations as you let the muscles release and go soft.
- Let the relaxation flow down your upper arms, elbows, forearms, wrists and hands.
- Take a moment to relax each finger. As you relax your hands and arms, enjoy the warm and soothing sensations that are your body's way of feeling relaxation.
- Continue to breathe slowly and rhythmically.
- Let the feeling of warmth and release extend down the front and back of your chest.
- Soften and release your abdominal muscles. Feel your baby's gentle rolling movements, and breathe relaxation into your uterus.
- See your uterus as a soft, warm pillow, cradling your baby.
- Feel the soothing warmth extend down to your buttocks, thighs, calves, ankles, feet and toes.
- Remember to breathe slowly and rhythmically, enjoying the feeling of release, letting go a little more each time you breathe out.



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- Now it is time to see if any tension, worries or discomforts remain.
- Do a mental check from head to toe.
- If any part of your body or mind isn't fully relaxed and comfortable, simply inhale and sigh, and send a healing, nourishing breath to that area to release the tension and allow it to melt away.

As you breathe out imagine a flow of tension, aches, tiredness, troubles, fears and anxieties leaving your body as you loosen and soften all of your muscles and sink into the blissful feeling of complete relaxation.

- Take 5 more relaxation breaths and with each one, allow yourself to become even more relaxed as you were before.
- When finished, take time to enjoy the good feeling you have now, experiencing warmth and well-being throughout your body.

Tell yourself:

- "I can reach a deep state of relaxation whenever I wish, simply by taking a relaxation breath."
- Continue listening to the soothing music.

Whenever you are ready, take a final relaxation breath and as you exhale, stretch your limbs, open your eyes, and feel energized with a powerful sense of well-being and comfort.