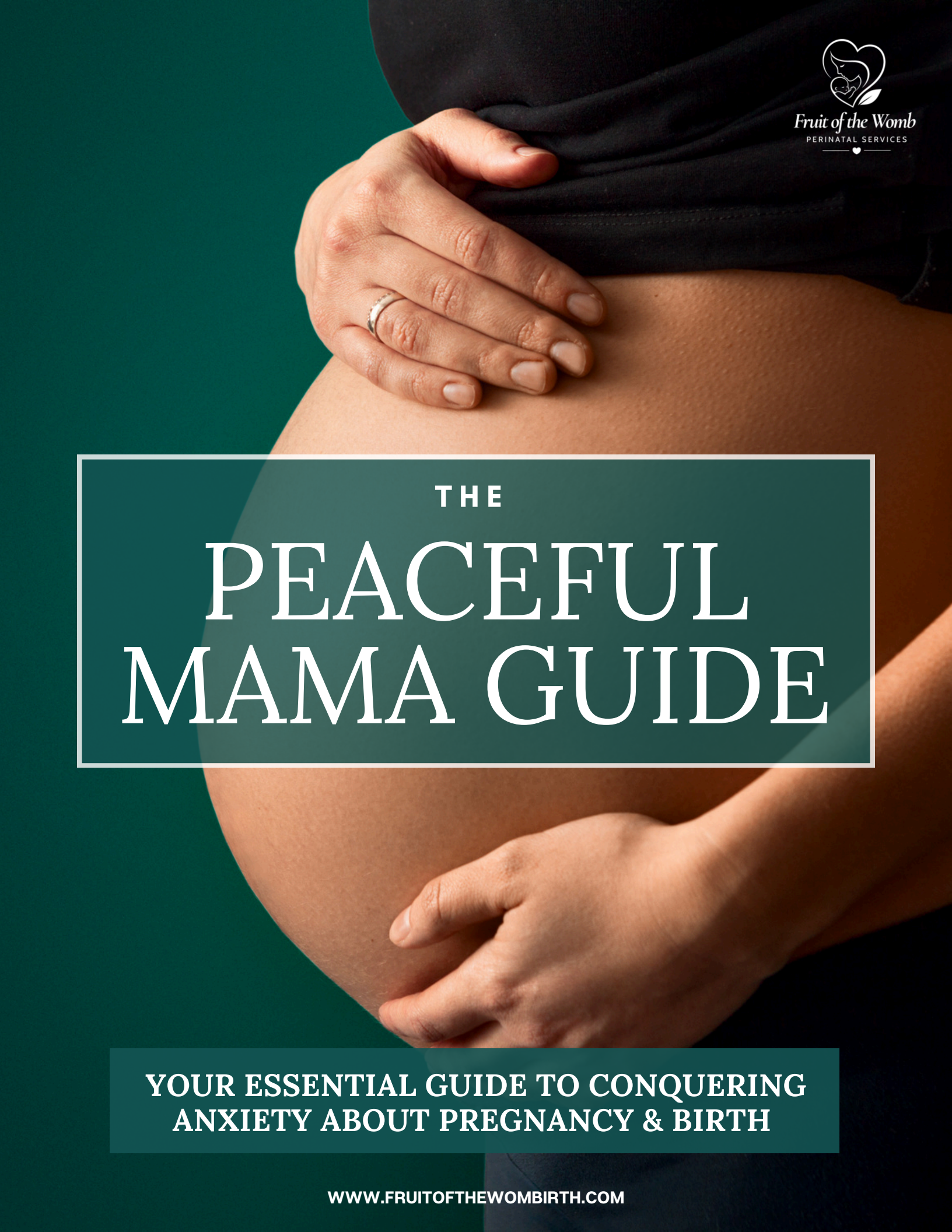




THE PEACEFUL MAMA GUIDE

YOUR ESSENTIAL GUIDE TO CONQUERING
ANXIETY ABOUT PREGNANCY & BIRTH

WELCOME!

My name is Angel! I am so glad that you are aiming to reduce anxiety about your pregnancy and birth! I hope you find these tips helpful. As you know stress can cause adverse outcomes in pregnancy and birth such as prematurity, high blood pressure, and low birth weight babies. Learning to handle stress and stay healthy during your pregnancy can not only improve the health of your pregnancy but you can use many of these tips to cope with labor and your journey as a new mother!



My goal for you is that you will be able to apply these skills, without having to spend any or very little money and you can easily incorporate it into your daily routine. If you have any questions don't hesitate to reach out!

Angel Coleman

DOULA | LACTATION COUNSELOR | EDUCATOR



The future belongs to those
who believe in the beauty
of their dreams.

ELEANOR ROOSEVELT



COPING WITH THINGS YOU CANNOT CHANGE



Without a doubt, technological advances such as the laptop and the smartphone have created the best of times and the worst of times. It's hardly a surprise that the words "burnout" and "cyberspace" came into use at about the same time. While you may not like change — especially when it's imposed on you — you can't keep it from happening. So, what can you do? You can choose how you react. You can whine and complain about your fate and assume the victim posture.

Or you can acknowledge your discomfort and say to yourself, "This happened and it's not fair, but what can I do about it?"

In other words, you can invest your energy in feeling sorry for yourself or you can invest it in figuring out how to adapt. Change is a constant. You can choose to be stressed by it — or you can choose to adapt.

5 STEPS TO REDUCE ANXIETY

01
Take a step back from social media.
Use the digital wellness tools
contained within this guide.

02
Go outside and get some vitamin D.
Nature can help reduce stress and
keep you grounded.

03
Stay grounded with the 5,4,3,2,1
technique. **Watch here.**

04
Eat well. Take a nutrition class or talk with a
registered dietician about improving your
diet. Eating can significantly boost your energy
levels and make you feel better.

05
Exercise. Taking a walk, a prenatal fitness
class, or swimming can boost your mood
and make you feel great!





MINDFUL RESOURCES

Here are some of my favorite resources to help practice mindfulness. I personally use the apps listed here and you can join me in on the fun when you click the link! Many of the apps use some of the technique's listed below



[Headspace App](#)



[Fabulous App](#)



[Finch App](#)



[Box Breathing](#)



[Mindful Eating](#)



[Progressive Relaxation](#)



[I Statements Worksheet](#)



[Prenatal Affirmations](#)



[4-7-8 Breathing](#)

These mindful techniques can be added as a tool during your childbirth and labor. Use these techniques throughout labor.

SOURCE OF STRESS

Reflect on each of the questions and then make note of the categories that sometimes cause you stress, and think about whether there are others to consider. Answer each question with details to delve into what causes you the most stress. Apply the four A's to each category to see how you can reduce your stress levels.

Family & Relationships

What are some issues that you have in your immediate family or other close relationships?

Are you adjusting to being newly married or facing marital strain? If yes, what are some stressors

How are you coping with the ups and downs of pregnancy or parenting? Why or why not?

SOURCE OF STRESS

Are you facing a separation or divorce? What's that been like?

Are your parents older and relying on you for their care?

Do you have more than one child? What are your concerns adding to the number of children you already have?

SOURCE OF STRESS

Will you be a single parent? What are your concerns?

Workplace Stress

Have you recently changed jobs?

Are you having conflicts with your boss or co-workers?

SOURCE OF STRESS

Do you work in a job where there's no room for growth? What's your plan for the future?

Are you concerned about losing your job? If so, why?

Financial Stress

What are your concerns about paying your bills on time?

SOURCE OF STRESS

Do you worry about having enough money for the future?

Health Stress

Are you or is someone you care about coping with a chronic or acute disease or dealing with a long-term injury or disability?

Are you distressed about being in pain?

SOURCE OF STRESS

Time Management

Do you have a long to-do list and no time to tackle it? What is taking up most of your time?

Do you find that you're always running late? If so, why?



The most beautiful
things in the world
cannot be seen or
even touched. They
must be felt with
the heart.

HELEN KELLER

10 WAYS TO BE PRESENT

1 TAKE A WALK

Fresh air and vitamin D can do wonders for your mood.



2 TAKE GUILT-FREE NAPS

Your body uses so much energy to grow your baby. Take a nap & don't feel guilty.

3 PRACTICE BREATHING TECHNIQUES

Not only is this helpful to relieve stress, your practicing for the big day: Labor!



4 ASK QUESTIONS

Having unanswered questions can cause a lot of anxiety. Don't be afraid to ask questions. Educate yourself about your fears.



5 PRENATAL FITNESS

Exercise relieves stress. This tip will not only relieve stress & anxiety but prepares you for the endurance you will need for labor & delivery.

10 WAYS TO BE PRESENT

JOURNAL/ READ

Journaling can help you organize your thoughts and reading is a relaxing activity. Try one or both!



CHAT WITH THERAPIST

Having a therapist can help you work out your concerns and fears and incorporate stress management techniques.

JOIN A MOM GROUP

Being a mom really requires a village. It's a place to find that you're not alone in this experience and bounce ideas and suggestions off of each other.



GIVE YOURSELF GRACE

Be patient with yourself. Every pregnancy is a new experience.



PRAY/MEDITATE

Take time to pray/meditate. These are powerful mindfulness tools.



THE 4 A'S

The four A's can help you prevent or manage stress in the moment. Try these 4 tips to help reduce the amount of stress that you experience.

01

Avoid putting too much on your plate. Say no. Explain briefly why you are saying no but you don't need to elaborate.

02

Alter stressful situations if you can't avoid certain stressors. Use I statements to settle disagreements and to achieve a peaceful solution.

03

Accept that there's stress and practice self care. Practice forgiveness and learn to let go, using the 10 steps to stay present.

04

Adapting involves changing your expectations. You may need to shift your view point of the stressor. See the silver lining in your stressful situation.

REDUCE ANXIETY ABOUT LABOR



■ Educate yourself. Take a childbirth class to remove the unknown

■ Watch positive birth stories. Try watching unmedicated births.

■ Ask Questions about what to expect at your hospital, birth center or homebirth.

■ Listen/read daily to positive pregnancy and birth affirmations

■ Write out your dream birth on your phone or paper. Read it daily

■ Talk through your fears with your support team. If anxiety is high throughout your pregnancy see a mental health professional.

THE FEAR SURROUNDING BIRTH

Many of the fear surrounding birth is not knowing how your birth will turn out. It's important to understand what is normal, what ALL your options are for your birth, and reframe your view of birth by understanding that it can be a very normal and safe and special experience.



Educate yourself about birth and ask questions. Try attending a childbirth class to remove the unknown and prepare for your birth and practice mindfulness.

HABIT TRACKER

Drink Water in the morning when you wake up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Exercise/ Go for a Walk	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Pray/Meditate	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Read a Book/Journal	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Eat a Healthy Breakfast	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Write Down 3 Things You are Grateful For	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

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	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

30 STRESS REDUCING CHALLENGE

DAY

01

Take a bubble bath

02

Watch a funny movie

03

Write 3 things you're grateful for

04

Eat your favorite snack/treat

05

Smile at a stranger

06

Write an affirmation for today

07

Go to bed 30 minutes earlier than normal

08

Drink 8 glasses of water

09

Eat your favorite fruit

10

Send a giftcard to a friend

11

Text something nice to someone

12

Color a coloring page

13

Journal about your day

14

Donate to a church or charity

15

Tell someone you love them

16

Go on a 10 minute walk

17

Pray or Meditate

18

Stretch your body in the morning

19

Drink water first thing in the morning

20

Forgive Someone

21

Plan a coffee date

22

Tell yourself you are loved

23

Write 3 good things about today

24

Call a friend

25

Treat yourself to dinner

26

Shower playing your favorite song

27

Dance to your favorite song

28

Play a video or board game

29

Take a day off from social media

30

Take 3 deep breaths

30 STRESS REDUCING DAY CHALLENGE

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

If you suddenly and unexpectedly
feel joy, don't hesitate.
Give in to it.

MARY OLIVER



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NOTES

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NOTES

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NEXT STEPS

JOIN OUR MOM COMMUNITY!

It takes a village and you don't have to do motherhood alone.

JOIN



TESTIMONIALS

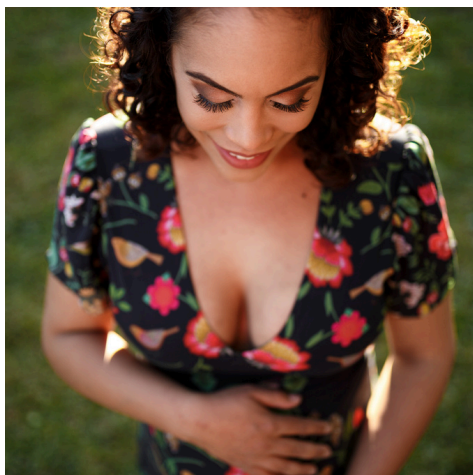


JAMIE

Angel was a great support during my pregnancy, even after when I had the baby. I could always go to her with any concerns and questions and she was more than willing to help always making me feel so much better. She helped me beyond my pregnancy, she's a great friend and I would highly recommend her and her services to anyone.

TAYLOR

Every question or concern I had, angel met them with as much information, positivity, hope and prayer a person can provide. I highly recommend fruit of the womb perinatal services and I consider myself blessed to have crossed paths with this company!



SARAH

Angel is amazing! She went out of her way to help me and be there for me! Highly recommend!!! Classes are great and she is very knowledgeable! She was a blessing throughout my whole pregnancy with twins!

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Fruit of the Womb
PERINATAL SERVICES





THANK YOU!

I hope you found this helpful. Best wishes to you and your baby!

Angel Coleman

DOULA | LACTATION COUNSELOR | EDUCATOR

