



# Tips for Creating a *Relaxing* Pregnancy

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**M**any of my clients have high hopes for a relaxing pregnancy and they understand the impact of mom's emotional state on the baby.

Then nausea hits, or they have their first visit with the midwife, or they start getting unwanted advice from strangers (and friends!) and their dream of a peaceful pregnancy goes out the window.

Sometimes, old distress from their childhood (or even earlier) starts surfacing and they feel sad and angry that their special time has been interrupted. Partners also get stressed and need support, too!

Addressing these stresses early in Pregnancy (or even pre-conception) can have a HUGE impact on your experience and make it easier to create the loving environment you want for your baby during gestation.

### *What can you do?*

I've identified 3 main areas of stress for most pregnant parents.

I call them the Three E's:

## **Eating Emotions Externals**

Though we can't eliminate all stress--and your baby needs *some* level of stress to learn how to deal with the outside world--we can *reduce* the stress, so that you can enjoy your pregnancy and stay connected to your baby--even when you are overwhelmed!

## Eating

As I mention on my [nutrition coaching](#) page, most of my clients are eating a pretty good, whole foods diet.

Fine-tuning can make a good diet a GREAT diet and reduce or eliminate many so-called "normal" pregnancy issues like nausea, stretch marks, dizziness, gestational diabetes, excessive weight gain, constipation, bloating and insomnia. If you feel good in your body during pregnancy, you will be able to cope better with other stresses and of course, good nutrition is essential to your baby's optimum health & well-being.

The Eating fine-tuning that I have found to be most helpful:

- Get your Vitamin D level up to 50-80 ng/ml to support your immune system and hormonal balance.
- Eat whole, unprocessed foods, preferably wild, organic, free-range, pesticide-free, etc to reduce your exposure to environmental toxins.
- Take a 50 mg B6 supplement daily (preferably *before* conceiving) **or** eat 3 oz liver twice a week to help prevent nausea.
- Supplement 400-600 mg of Magnesium citrate **or** glycinate (**or** take an Epsom Salts bath) one hour before bed to prevent constipation & insomnia.



- Eat oysters once a week *or* take a 30-50 mg Zinc picolinate supplement daily to prevent stretch marks.
- Eliminate gluten, eliminate poly-unsaturated vegetable oils *and* reduce sugar to reduce inflammation & bloating.

Read more about Optimal Pregnancy Nutrition [here](#).

## Emotions

Let's talk about the internal stressors that can impact your Emotions during pregnancy and what you can do about them.

### *Expectations / Beliefs*

We all have them! It's important to have them--and sometimes they can get in the way, if we hold on to them too tightly. Positive expectations can influence your pregnancy & birth in a helpful way. However, believing that birth or pregnancy *needs* to uncomfortable/painful may not be so helpful!

### *Pregnancy / Birth Fears*

Stepping into the unknown can be a scary thing for parents. Even if you have given birth before, every pregnancy is *different*. No matter how much you read or know, it's understandable that fear will come up on this journey. Knowing how to deal with your fears can make you feel more confident and allow you to enjoy this precious time. It can also make giving birth easier as you learn how to reduce your adrenaline and increase your oxytocin.

### *Hormonal Fluctuations*

Often pregnant women are moody! Again, *totally* normal in pregnancy and if we aren't open to riding the waves of our changing body chemistry, we can create more stress for ourselves. Eating well can help reduce this to some degree, but I haven't met a pregnant woman yet who had a perfectly smooth transition as her body changes.



### ***Early Trauma***

Many pregnant moms may resurface some of the distress they have experienced in-utero, during *their* birth or in their early childhood. They may also surface their *mother's* distress during these times. Understand that this is to be expected--and pregnancy is a perfect opportunity to heal these old wounds!

### ***Sexual Trauma***

If you have a history of sexual abuse/trauma, any distress that is still not healed *may* come up during your pregnancy--even if you have done years of therapy. Clearing your distress while you are still pregnant will help you to relax during your birth and benefit your baby as well. It can also be incredibly empowering

to make choices during pregnancy and birth that allow you to reclaim autonomy of your body--*while* you learn to surrender to all the body changes that are happening as your baby grows.

*So how do you reduce your emotional stress during pregnancy?*

#### **Talk it out.**

Tried & true, sometimes all we really need is someone to deeply listen to us with compassion and understanding. All my sessions start with space for sharing.

#### **Journal.**

Sometimes writing out what bothers us can help us to gain clarity and release our stress.

**Move.**

Sometimes the words get the way & we just need to shift our location. Take a walk. Turn on some music & dance. Go swimming. Wrestle with your partner/pet.

**Get out in Nature.**

The healing power of fresh air, the emptiness of the desert, the quiet of the forest or meditation of waves on a beach is sometimes just what we need to relax & get back into connection with ourselves and our baby.

**Take a bath.**

Sometimes the soothing power of water is enough to allow the tears to flow and help you feel comforted.

**Take a nap.**

Sleep is healing--on so many levels. We are much more resilient when we are getting enough rest. Dreaming is a great way to work through pregnancy anxieties, too.

*What other tools can I use to help me feel  
more relaxed during my pregnancy?*

EFT (Emotional Freedom Techniques) aka "Tapping"

This simple acu-pressure tapping tool is essential to quickly clearing any fears/distress in the moment. I teach my clients different ways to tap & help them find what works for them. EFT works for both emotional and physical distress with an emotional component. I use it on everything! More info [here](#).

### Matrix Reimprinting

Is an advanced form of EFT that is the fastest & most powerful way I have found to clear any trauma/abuse, no matter what the origin. Preverbal & prenatal distress can be healed completely, too. With Matrix, we can "rewrite" our energetic past so that we are no longer burdened with our old pain and are free to create space for a happy future. I've cleared my life-long asthma using Matrix Reimprinting--it's amazing! You can order the book on Amazon. As an early practitioner, I have a couple of case studies in the book. It's my primary modality.

## Externals

### ***Birth Culture***

As soon as you get pregnant, you notice what the predominant birth culture is around you. As a Conscious Parent, you may find yourself at odds with the mainstream birth & pregnancy beliefs. With 98% of US births happening in the hospital setting, you are automatically "counter-culture" by choosing a home or birth-center birth. At a time when you *really* need the security of your tribe, it may be stressful to hold on to your personal values in the face of a fear/coercion-based birth culture.

### ***Family/Peer Pressure***

What you eat during pregnancy, who attends your birth, and parenting choices will often be minefields if your beliefs differ from those close to you. Whether you feel like you need to "go along" with your family or friends in their ideas about pregnancy and birth or you need to create distance during this time, it can be painful and sometimes heart-breaking to be true to yourself.





***Healthcare Providers' Protocols***

Some of my clients have been unpleasantly surprised to find out that *their* wishes do not override protocol with their midwife or OB. Though you have the right to refuse all recommended treatment, it can be difficult at times to maintain your own integrity with other authority figures. Sometimes changing providers is the only option and this can be challenging, especially as birth approaches.

***Work Stress***

Trying to keep up with the "old you" during Pregnancy can be near impossible with the body, hormonal & energy level changes most women experience in pregnancy. The timing of your maternity leave may not be ideal for you or the company, either!

***Financial Pressure***

Making sure you have your "nest egg" and enough funds to pay for healthcare, supplements, clothing, baby needs, etc.... is sometimes a source of stress for both parents. Unexpected expenses can be upsetting, too.

***Relationship Stress***

Even the most aware parents will have stuff come up during pregnancy. Your whole life is changing and the challenges of navigating the new everyday can impact your relationship. Your sexual connection may change during pregnancy and this can open up insecurities and concerns that you didn't even know you had!

## *So what can you do to reduce the impact of external stressors?*

### **Clarify your values.**

What kind of pregnancy do you want? What kind of birth do you want? Who do you want as part of your "tribe"? What kind of family culture do you want to create? Knowing your values in advance is very helpful in making decisions on your pregnancy journey and will help you negotiate with others who support you.

### **Educate yourself.**

Learn about different options that support you in your values. Whether or not you choose to explain your choices to others, it is good to have some sources bookmarked and maybe a book or two for reference in case you want to show some evidence/references to support your beliefs.

### **Talk to your partner.**

Making time to share what is important to each of you and finding those places where you already agree can be comforting. Opening to creating a win-win in those areas where you may disagree may be challenging.

[Relationship Coaching](#) can help you find your common ground and clear the fears that may be in the way.

### **Vision life with your baby.**

Use your imagination to dream into the rest of your pregnancy, birth and baby's first year. Make it as detailed as possible and open to the support you need to make it happen. This can help you make financial and work-related decisions, too.

**Create clear boundaries.**

Once you know your values, have educated yourself, visioned what you want and gotten on the same page with your partner, you can choose to share (or not) with your family and community. Sometimes openness feels right and sometimes you may want to keep things private. This is *your* pregnancy, birth & baby--*your* choice!

**Choose and communicate with your healthcare provider.**

Once you are clear, it will be much easier to find healthcare provider(s) who resonate with your wishes.



**N**ow you have some tools to deal with the three main areas of stress for most pregnant parents; **Eating, Emotions** and **Externals**.

I hope these tips will help you enjoy a blissful and relaxed pregnancy!

Feel free to explore my site for more resources and helpful articles in my [blog](#).

