

TUCSON DOULAS

Stress and Tension Worksheet

How do you typically experience tension in your body? Is it racing heart? Tightened jaw? Stiff neck? Being able to consciously identify tension and release it is just one way you can prepare for labor- and invite your support people to practice with you! This worksheet will help you to explore the ways you manifest tension and stress and identify ways in which your support people can help encourage relaxation.

Circle the ways in which you manifest physical tension or exhibit signs of mental stress.

Utilize the space on the right to write down massage, touch or verbal affirmation techniques that you find comforting, relaxing and reassuring. Practice these techniques frequently and remind your support people to use them during labor during labor.

WAYS I MANIFEST STRESS AND TENSION

Head

- Tension Headache
- Tired Eyes
- Grinding Teeth
- Clenching Jaw
- Ringing in Ears

Shoulders/Arms

- Muscle Tightness
- Trembling Hands
- Clenching Fists
- Biting Nails

Stomach

- "Butterflies"
- Nausea
- Cramping
- Diarrhea

Skin

- Sweating
- Clammy skin
- Blushing/Flushing
- Itching/Scratching

Mental Process

- Speech Difficulties
- Inability to Focus
- Negative Thoughts
- Fear
- Mentally Shut Down
- Talking Fast
- Nervous Laughter
- Crying

Neck

- Muscle Tightness
- Decreased Range of Motion

Chest

- ^ Heart Rate
- Heart Pounding
- Difficulty catching breath

Back

- Muscle Tightness
- Sore Back
- Bad Posture

Legs/Feet

- Bouncing Legs
- Trembling Feet
- Sore or Achy Feet
- Curling Toes

For each area of stress circled on the left, write a technique or method that can bring relaxation to this area below.

Head:

Neck:

Shoulders/Arms:

Chest:

Stomach:

Back:

Skin:

Legs/Feet:

Mental Process:

Explore gentle touch, massage and verbal affirmation and relaxation techniques with your partner or other support people to identify the best ways to help you alleviate physical and mental tension during labor.

