



8

WAYS A DOULA CAN
SUPPORT YOU THROUGH

ANXIETY IN BIRTH

ELEMENTALBEGINNINGS.NET



1. CHOOSE CARE PROVIDERS & A BIRTH LOCATION THAT YOU FEEL SAFEST WITH & SUPPORTS YOUR BIRTH VALUES
2. IDENTIFY WHAT IS TRIGGERING YOUR FEARS AND ANXIETY & GET SUPPORT TO WORK THROUGH THEM.
3. LEARN ABOUT YOUR BODY AND BIRTH. UNDERSTAND WHY THINGS HAPPEN & WHAT IS POSSIBLE TO CHANGE.
4. DISCUSS YOUR ANXIETY WITH YOUR CARE PROVIDERS TO SEE HOW THEY CAN WORK WITH YOU TO LESSEN OR AVOID YOUR TRIGGERS
5. GET YOUR DOULA TO SHOW YOU DIFFERENT COPING STRATEGIES FOR DIFFERENT SITUATIONS
6. LEARN DECISION-MAKING TOOLS SO THAT YOU CAN MAKE INFORMED CHOICES WITH CONFIDENCE
7. MAINTAIN A PEACEFUL, CALM & PRIVATE BIRTH SPACE THAT ENHANCES YOUR HELPFUL HORMONES
8. USE COMFORT MEASURES, REASSURING WORDS AND VISUALISATIONS TO REDUCE STRESS AND TENSION

