

Coping Strategy Assessment

Each woman responds to her labor in a unique way that is also an extension of her natural coping style. This is a tool to assess and personalize coping techniques for the laboring woman. Check all that apply in each area.

General

In a stressful or painful situation, how do you comfort yourself?

- Distracting Activities
- Companionship
- Bodily Activity
- Quiet
- Turning Inward
- Making Noise
- Rhythmic Movement/Dance
- Visualization
- Other

Relaxation:

Where do you feel the most tension in your body?

- Forehead
- Jaw
- Neck
- Shoulders
- Hands
- Chest
- Abdomen
- Upper Back
- Lower Back
- Legs/Feet

How do you manifest bodily tension?

- Racing heart
- Trembling hands
- Difficulty breathing
- Sweating
- Talking a lot
- Clamminess
- Tapping feet
- Nail biting
- Trembling legs
- Crying
- Butterflies in stomach
- Nausea
- Clenched fists
- Grinding teeth
- Yelling

How do you relax best?

- Eyes open
- Self-talk
- Distraction
- Eyes closed
- Partner talking
- Massage
- Body movement
- With music
- Deep breathing
- Shower/bath
- With quiet
- Visualization

In what ways do you like to be touched?

- Doesn't like
- To relax
- To distract
- Gentle
- Firm pressure
- Key spots only
- Continuous
- Pressure points
- Held or hugged
- Flowing strokes
- Kneading strokes

Where do you like stoking/massage?

- Forehead
- Scalp
- Temples
- Jaw/cheeks
- Neck
- Shoulders
- Arms
- Hands
- Upper back
- Mid back
- Lower back
- Chest
- Buttocks
- Thighs
- Legs
- Feet

Breathing:

How does breathing help you?

- To relax my body
- To stay focused
- To distract myself
- To express myself
- To visualize
- To release tension/pain

Where are you most comfortable and relaxed breathing?

- Lower belly
- Slow and deep
- Upper belly
- Slow and regular
- Chest level
- Lighter/shorter

What breathing helps appeal to you?

- Ahh, uhh sighing
- Oh blow
- Sounding
- Patterned breathing
- Puffy blow
- Haa or Huh, or Taa
- Words, phrases
- Puh, puh blow
- Pattern of sigh sounds
- Soft Shhhhh

What can best help you keep your rhythm?

- Counting
- Listening to partner
- Music
- Visualizing-specify
- Hand
- Signals
- Roving Body Check
- Rocking swaying
- Stroking patting

Attention Focusing:

Visual Focus:

- Eye contact
- Focal point or object
- Hand cues
- Breathe light in/out
- Peaceful place
- Visualization
- Use colors

Auditory Focus

- Breathing sounds
- Music, environment sounds
- Verbal relaxation
- Self-talk
- Count off time
- Sounding, words
- Encouragement

Kinetic Focus

- Rocking-swaying
- Stroking
- Massage
- Breathe in calm, out pain
- Floating, heaviness
- Change positions, pillows
- Squeezing, pressing

Describe a situation in which you feel relaxed and at peace?

What thoughts help you create a sensation of feeling relaxed?

What comes to mind about the following themes of labor?

The baby:

The way the cervix opens:

Contractions coming and going, or changing in intensity:

Being strong or meeting a challenge:

Being able to go with the flow:

Effects or qualities of water:

A positive purpose of pain:

Feeling safe and supported:

Pushing contractions: