

**RELEASING TENSION TRIGGERS**

1. List all the things that make you feel safe
  
2. List your usual way of coping with pain or fear.
  
3. List all the things that trigger anxiety in you. Describe what makes it feel fearful in the personal meaning section and with your support team strategize a new way to cope or avoid the anxiety.

√	Trigger	Personal Meaning	Strategy
	Changed appearance (hair, clothing, make-up)		
	Nakedness/Exposure of sexual parts of body		
	Secretions (show, blood, amniotic fluid)		
	Body positions (hands and knees, squatting, on back, legs spread)		
	The actual birth, baby on perineum, emerging from body)		
	Holding and suckling a baby		
	Hospital Environment (smell, machines, sounds, uniformed personnel)		
	Blood draws		
	IV fluids		
	Vaginal Exams/Artificial Rupture of Membranes (AROM)		
	Connections to lines from body, to machines or containers (bladder catheter, epidural catheter, oxygen mask, EFM cords, IV lines)		
	Restriction to bed		

	Episiotomy/Tearing of perineum		
	Instrumental delivery (forceps/vacuum)		
	Cesarean Delivery		
	Relationship with provider (Trust, confidence, gender, expectations)		
	Strangers (students, nurses, other care providers or patients)		
	Behavior of caregiving staff towards you (respect, control, individual treatment, asking before touching).		
	Issues –partner, family, doula, friends (abandonment, judgment, disapproval, inadequacy, reliance, vulnerability, trust, dependency)		
	Pain with labor contractions		
	Pain related behavior—panic, loss of control		
	Expressions of pain (facial, vocal, bodily tension)		
	Pain medication “trade-offs” <ul style="list-style-type: none"> <li>• Narcotics (groggy, sleepy, less pain, more relaxation)</li> <li>• Epidural (numb, less participation, inability to do as much as possible, possible inadequate pain relief/less pain, more relaxation)</li> </ul>		
	Pushing sensations		
	Pushing effort, sounds		

