

Benefits of relaxation during labor:

- Conserve energy, reduce fatigue. Tensing up increases pain, wastes energy, decreases oxygen for the uterus and baby, and tires you. Calm your mind and reduce stress.
- A relaxed body leads to a relaxed state of mind, which in turn helps reduce your stress response. Stress can prolong labor, and decrease blood flow to uterus and baby. Reduce pain.
- Relaxation reduces tension and fatigue that intensifies the pain you feel during labor and birth. It allows maximum availability of oxygen to your uterus and baby. The mental concentration involved helps keep your focus off the pain.

The Three R's

If woman is coping well with labor she is usually displaying one or more of the Three R's.

- Relaxation- During contractions, inbetween, or constantly. Using any technique that works.
- Rhythm- Rhythmically breathe, moan, chant, rock, sway, dance, tap or stroking, whatever works.
- Ritual- Repetition of a meaningful rhythmic activity- breathing techniques, relaxation, and attention-focusing techniques.