

Fear - Tension - Pain

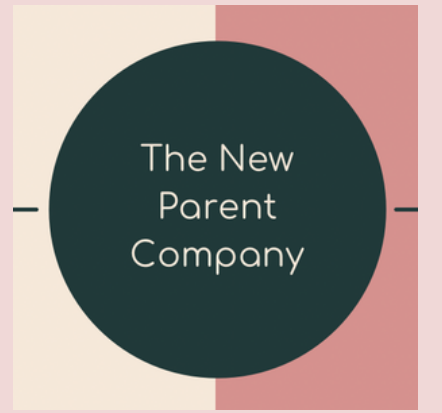
Something we talk about in Hypnobirthing is the fear-tension-pain cycle. This is a really great way of describing how changing your mindset around birth and the sensations you might feel, can have a massive impact on the way things feel.

So we all tend to have some knowledge of the fact that when we relax, things feel less painful.

We've probably all heard at some point in our lives 'it's only hurting because you are panicking' or 'relax and it won't hurt' perhaps referring to medical procedures, piercings, maybe even sex... A lot of people don't relate that to birth, but it's the same!

So when it comes to birth. Relaxing can only help! Everything in our bodies works better when it's not full of tension and is able to work in the way it should.

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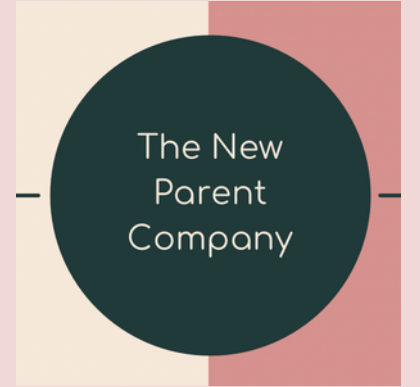
The uterus will also fill with tension when the body is tense.

It can't work as comfortably as it would if it was relaxed (think the claw hand demonstration). When it's tense, the muscles aren't drawn up so easily, baby's head is pressed against hard muscle (ouch) and ultimately this doesn't feel good.

This is where the cycle comes in. When we approach birth with fear, feeling like it's going to be an awful, terrifying and painful experience, we can make it so. We fear how the surges will feel, how they will increase in intensity and whether or not we'll be able to cope. Then when we feel them for the first time, we tense.

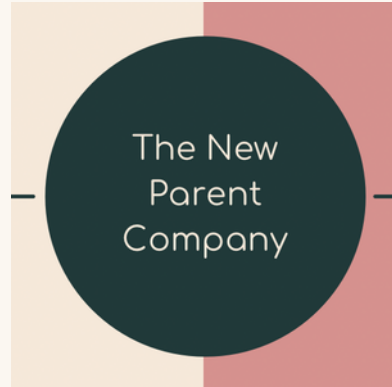
As a result it doesn't feel so great, everything is tense. We're focusing in on what it feels like so much that we're unable to think of anything else, the result is not a very good experience. Exactly as someone perhaps expected.

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We feel it was right to fear the sensations, it did feel awful, and we fear worse. When we fear the next surge, the rest of labour and the intensity rising and we wait, full of tension for each surge. Again, focusing on it, expecting discomfort and not exactly giving the uterus the best conditions to do its work.

In doing so, the pain that we expect to feel is realised and the cycle just continues on.



Reframe your mind to trust your body, relax your muscles and all that tension that is building up and allowing your body to do as it was built to do!

Use your hypnobirthing tools to remain calm, relaxed and focused (breathing, MP3s, anchoring, positive mindset, affirmations, distraction techniques and your environment)

Trust - Relax - Allow

