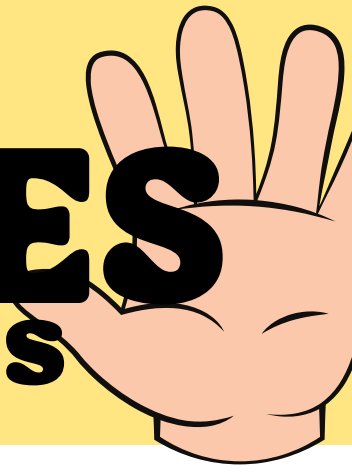
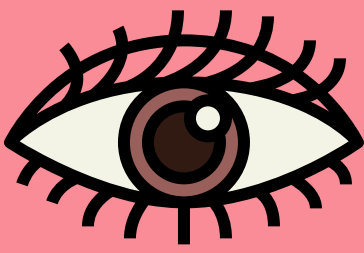


using your **FIVE SENSES** coping techniques



Sight:



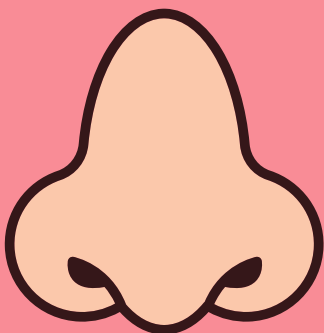
Sight can be used through affirmations, focal points and pictures or images that promote oxytocin. Try to distract your brain by counting images on a baby blanket!

Sound:



Music, audio recordings and guided meditation can be powerful tools. Audio recordings are a great way to use bring loved ones into your space if they cant physically be there!

Smell:



Your brain loves 'familiar', bring scents into your space that smell and remind you of happy times. *Essential oils can aid in relaxation.

Taste:



Did you know sweet mutes pain?! Use sweet treats that melt in your mouth. Different temperatures, and textures keep your brain distracted.

Touch:



Massage in labor is a great way to feel comfortable, and relaxed. A doula can support in counter pressure and hip squeezes!

When learning about coping techniques it can feel really overwhelming, sometimes it seems like there are too many to remember! Just remember that almost all coping techniques fall under 1 or more of the 5 senses! Knowing which senses works for you is a great starting place!

Which of the 5 senses work best for you?

When you stub your toe you don't stop and think about how you are going to process the discomfort or pain--you just do! The question is what do you do? Do you close your eyes tight? That is sight! Do you fill your lungs and sharply exhale? That is smell! Or do you jump up and down and swear? That is sound and touch!

**Handout courtesy of Emily McGregor -
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**Learn more about coping techniques:
EmilyRoseMcGregor.com/blog
Lamaze.org-For Parents**

***Essential oils: Please remember to chat with your care provider about essential oils and possible contraindications**

Source: Canva Infographics. (n.d). retrieved 1/2022 from canva.com

Source: PlumbTree Student booklet (2021) Lamaze