

b. Relaxing Moments

MODULE 6

It can be helpful to have your labour partner check your muscles for tension while you are learning relaxation techniques. They can gently touch or lift parts of your body - for example an arm or a leg. If it is limp or relaxed, your partner puts it gently back on the pillow. If your arm or leg is tense, your partner massages or touches it gently until it relaxes. A warm, soft touch can be very relaxing. Many people find it easier to relax their muscles and to "let go" in response to a touch.

Breathe slowly and deeply while you learn to relax.

When you tighten your muscles, do not contract them too tightly. It is enough to feel them contract.

As you relax, think about letting go or releasing the tension in all your muscles.

