

C. RELAXATION

MODULE 6

Relaxation is a way of letting go. When you relax, you let go of the tension in your muscles and in your mind.

Relaxation helps save energy and creates a feeling of well-being. Learning relaxation techniques is one of the best ways to help make your labour and delivery easier.

The exercises found in this section correspond to only one relaxation technique. It is not the only one available. If you have a method that helps you to relax, use it.

When you practice relaxation:

- make sure that all parts of your body are supported and comfortable.
- let go of all muscle tension.
- clear your mind.
- breathe slowly and evenly.

Relaxation is a life skill. Learn to use it now, and you will find ways to use it during your pregnancy, delivery, and for the rest of your life.

