

PREGNANCY WELLBEING JOURNAL WORKBOOK

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Pregnancy Wellbeing Course Workbook -
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I - Where Am I Now?

1) What do I feel most confident/knowledgable about when it comes to my pregnancy/birth?

2) What do I feel least confident/knowledgable about?

3) What do I want to learn more about?

4) What are my current plans around my pregnancy and/or birth?

Other notes and observations:

2 - Beliefs Around Birth

1) Which words represent or describe how I feel about my pregnancy?

3) Which words represent or describe how I feel about giving birth?

Do any of these words ring true to you?
Or others?

Excitement Fear Joy Optimism

Anticipation Sense of Dread Heaviness

Boldness Anger Injustice Gratitude

Embarrassment Shame Confidence

Elegance Power Gracefulness Awe

Worship Spiritualness Logicalness

Reluctancy Anxiety Discomfort

Cautiousness Cheer Happiness Blissfulness

2) What has your family/society/the media taught you about birth? Are there any stories or beliefs that you're carrying around with you? Do you want to keep hold of them or do you want to let them go? draw a spider diagram, write a list of bullet points or do some free writing

1. What would a positive birth experience look like/mean for you? Write as much or as little as you want. You might find yourself describing specific scenarios and/or general qualities. It's ok to know what you want and to accept that it might not look exactly the same as you imagine. You might like to imagine different scenarios and see if there are any particular qualities or elements that keep coming up

2) Write a list of small or large steps that you can take to work towards having the birth that you want (or a different birth but one that still has some of the same elements!)

4 - Body Changes

How do I feel today?

What changes have I noticed
in my body?

What did I eat today? Any
unusual cravings?

1. _____

2. _____

3. _____

What are my energy
levels/emotions like?

Notes:

5 - Control - Influence - Accept



When it comes to birth there are things we have some degree of control over but very little that we can control absolutely. However, there is a lot that we can influence and there are things that you can do to grow your circle of influence. There is also inevitably some degree of acceptance and adaptation as we respond to our births as they unfold in their own unique way. You might like to take a moment considering what you feel you have control over, what you feel you can influence and what acceptance/adaptation might look like for you.

6 - What's good, What's tough, What's next?

Date:

What's next?

What's good?

1. _____

2. _____

3. _____

Notes:

What's tough?

1. _____

2. _____

3. _____

Notes:

1. _____

2. _____

3. _____

Notes:

7 - Reflections on the Postnatal Period

When it comes to the postnatal period...

What am I most confident about?

What am I most looking forward to?

What am I most unsure of?

What am I most worried about?

8 - Making space for conflicting emotions

mix and match the phrases that feel meaningful for you and/or write your own! you can also change the headings if you want

I can

and

wish that was different

- find things hard

grieve for the pregnancy/birth
that I wished for and didn't get

be angry/sad/disappointed about

miss my old life

be with for

feel about my changing body

wish that was here to share
this with me

feel towards my partner

find joy in my
life/pregnancy/birth/early
motherhood/relationship

keep on letting go

be grateful for my
pregnancy/baby

be happy/joyful/content

love my baby

About me

I'm an experienced yoga teacher and qualified doula. I trained in Hatha yoga and restorative yoga in 2018 and then went on to train in pregnancy and postnatal yoga in 2020. I also trained as a birth and postnatal doula and baby massage teacher that same year. I've turned what I've learnt through my experience teaching pregnancy yoga and supporting women through their pregnancy, birth and postnatal experience into a six week pregnancy wellbeing course. This journal workbook is a modified version of the workbook that I created to accompany that course. I hope you enjoy it!

To find out more about my services please visit my website at:

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