PREGNANCY WELLBEING JOURNAL WORKBOOK

Tanya Fairtlough



Pregnancy Wellbeing Course Workbook -Copyright Tanya Fairtlough 2022

I - Where Am I Now?

ı) What do I feel mos	st confident/knowled	lgable about	when it	comes
	to my pregnancy/bi	irth?		

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

Embarassment Shame Confidence

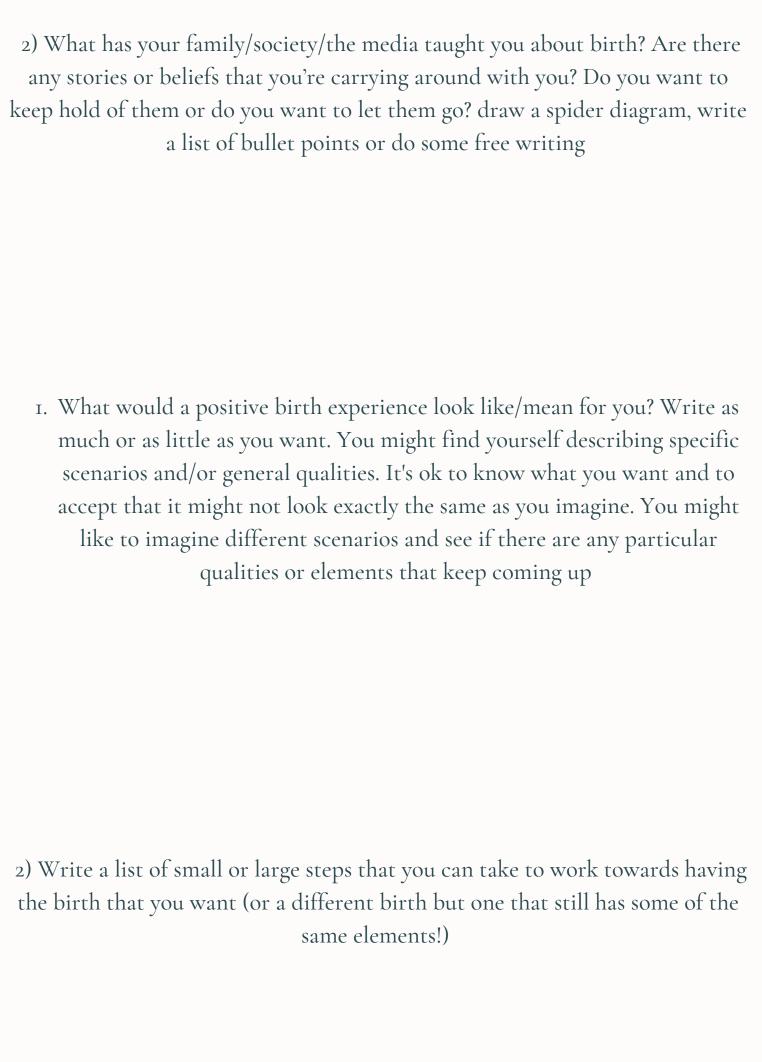
Elegance Power Gracefulness Awe

Worship Spiritualness Logicalness

Reluctancy Anxiety Discomfort

Pregnancy Wellbeing Course Workbook - Copyright Tanya Fairtlough 2022

Cautiousness Cheer Happiness Blissfulness



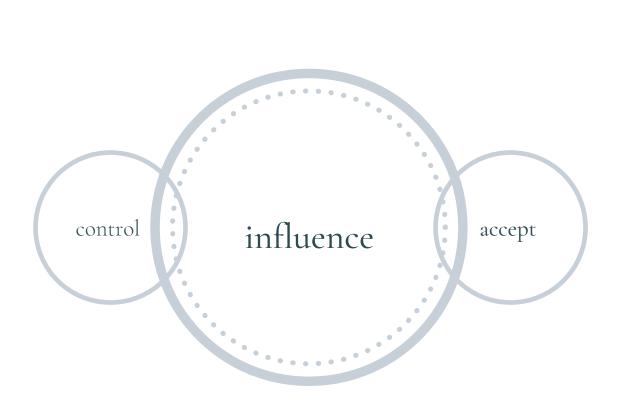
3 - Daily Pages

Suggestion: Spend five minutes a day (or more) free writing whatever comes into your head. It might be things that people have said that have irritated you (or inspire you). It might be things you have accomplished recently or things on your to do list. It might be how you slept or whatever is going on for you at the moment. Whatever pops into your head, just let it out. Don't worry about whether it's 'good' writing or not. No one else needs to see it unless you want them to.

4 - Body Changes

How do I feel today?	What changes have I noticed in my body?
What did I eat today? Any unusual cravings?	
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?
		I
	What's good?	
Ι.		2.
2.		3·
3.		
	Notes:	Notes:
	What's tough?	
Ι.		
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

T	
	can
1	Call

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 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/realtionship

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 dn restorative yoga in 2018 and then went on to train in pregnancy and postanatal 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 modyfied 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:

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

www.tanya-fairtlough.com

or email me at info@tanya-fairtlough-yoga.com



Pregnancy Wellbeing Course Workbook - Copyright Tanya Fairtlough 2022