

# Handling Pain In Labor

How have you handled pain in the past? What techniques do you think will help you in labor?  
What techniques will not help you in labor?

## *Not Recommended*

- holding your breath
- gritting your teeth
- get anxious
- get mad/upset
- tense up
- take painkillers
- drinking alcohol
- smoke

## *Best Recommended*

- sleep
- put pressure on it/counter pressure
- deep Breathing
- eat
- drink water
- go to the bathroom
- walk it off
- change positions/move around
- stretch/yoga
- understand/education/answers for the pain
- relax

## *Others*

- \_\_\_\_\_
- \_\_\_\_\_
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## *May work for you, may not*

- closed eyes
- crying
- screaming (for some it helps release tension, other keeps them tense)
- heating pad
- cold compress
- bath/shower
- ignore/distractions
- think about pain
- being alone/private
- have company/visitors
- sympathy/encouraging words
- deal with it
- accept it
- silence
- music/reading
- write down feelings
- analyze the situation
- dark environment
- light environment
- general massage/head, feet, back, all
- dress comfortably
- visualization/imagining special places
- singing
- brushing hair
- being pampered
- doing hair & make-up/looking put together
- candles/essential oils
- ice chips
- let go/surrender
- vocalize pain
- birth tub
- birthing ball