Allina Health

# Ways to Cope with Labor Worksheet

**When I want to relax, I:**

_____

_____

**My labor affirmations:**

_____

_____

**Movement and positions I want to try in labor:**

_____

_____

**My favorite safe place to be is:**

_____

_____

**Four words that describe my favorite safe place are:**

_____

_____

**The music I would like during labor is:**

_____

_____



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