

4 Tips for Everyday Living With Birth Trauma



1 Know Your Triggers

Being aware of what induces anxiety associated with birth trauma and making allowances for how to move through the experience will help bring context to your feelings. It is the starting point of being able to talk yourself down and through your experience and feelings.



2 Safe Space

Find a culturally and religiously safe space you feel comfortable expressing yourself in. This can be either in person or online. You also want to decide what feels best for you, either one on one or in a group setting. Some women like a combination of all of the above to get well rounded support.



3 Physical Needs

Meeting your basic physical needs such as nutrition, movement and sleep will go a long way at helping to establishing a good baseline for health and general improvement. It can be tricky to navigate, particularly in the early postpartum days. Asking for support with these things can have a significantly positive impact on you.



4 Basic routine + Goals

Set yourself a very basic routine to follow. This will give you a sense of predictability within your day and can help you feel a sense of calm. Gently introducing goals incrementally will then allow you to stretch your comfort zone and move forward with your goals in a measured way.