

3R's: If they are **Relaxed** and have **Rhythm**, then your job is to maintain the **Ritual**.

To avoid the Fear-Tension-Pain Triangle:

Build Confidence—Ask questions to understand what's happening. Use visualizations or prayer.

Increase Relaxation—Try deep breaths, music, massage, dim lights, and relaxation techniques.

Increase Comfort—Offer water or food. Suggest bathroom breaks, bath, or shower. Hot/cold packs.

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If they can't **Relax** or find a **Rhythm**, pick a new comfort technique and try it for 5 contractions.

Change the Environment and Activity.

Gate Control. Use pleasant sensations to distract from the pain. (Touch, Sound, Scent, Visual)

Positions and Movement. Suggest options that are upright, forward leaning and open the pelvis.

Reduce Adrenaline, Increase Oxytocin and Endorphins. Increase sense of safety and love.

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