

The Secret to Self Care In Pregnancy

Thrive in pregnancy Workbook



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Written by Nikki



Welcome

Hello, beautiful Mama,

I am so excited that you are here. In this webinar, we are going to go on a journey together. I will guide you through creating a positive mindset for your pregnancy. We will explore what they don't talk about in prenatal classes and visits, such as Embracing change, acknowledging your emotions, and self-trust. My Name is Nikki. I am a birth doula and a childbirth educator. I created this webinar because I want women to THRIVE in their pregnancy and motherhood journey. Let me guide you through a step-by-step process to cultivate a positive mindset for your pregnancy journey.

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Nikki





HOW TO USE THIS WORKBOOK

Consistency is key to making the most of the workbook. Try to incorporate the activities into your daily routine, whether that's through journaling, meditations, or checking in with how you're feeling.

Remember, this workbook is a tool to support your journey. Be kind to yourself and use it in a way that feels natural and empowering for you.

QUESTIONS?

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TIPS FOR MORNING RITUALS

Starting a morning ritual during pregnancy can be a wonderful way to center yourself, reduce stress, and promote both physical and mental well-being. It's important to consider your energy levels, comfort, and health needs while pregnant, so here are some gentle and nourishing ideas for a morning ritual:

1. Hydrate

Start your day by drinking a glass of water. Staying hydrated is especially important during pregnancy. You can add lemon or cucumber slices to make it more refreshing.

2. Gentle Stretching or Yoga

Pregnancy-friendly stretches or a short yoga session can help you release tension and improve circulation. Focus on gentle movements that promote flexibility and relaxation. Prenatal yoga videos or classes are widely available and can guide you safely through poses.

3. Mindfulness or Meditation

Practising mindfulness or a short meditation session can help you feel calm and grounded. You can try focusing on your breath, a gratitude practice, or guided pregnancy meditations designed for relaxation and connection with your baby. I have added one of my meditations in the Thrive in Pregnancy webinar.



Tips for morning rituals

4. Healthy Breakfast

A balanced breakfast, rich in nutrients like protein, fiber, and healthy fats, can give you sustained energy throughout the day. Include options like oatmeal with fruits, eggs with avocado, or a smoothie.

5. Journaling or Affirmations

Taking a few minutes to jot down your thoughts, intentions, or goals for the day can set a positive tone. You could also practice writing affirmations, focusing on self-love, and affirming your strength during pregnancy.

6. Connect with Your Baby

Take a few moments to connect with your growing baby. You could gently place your hands on your belly and speak to or simply feel your baby's movements. This can create a deep sense of connection.



Tips for morning rituals

7. Breathing Exercises

Deep breathing exercises can help calm your nervous system, reduce stress, and bring you into the present moment. Take a deep breath in through your nose, pause and a long breath out twice as long through your mouth this breathing technique or simple and effective repeat this breath three times

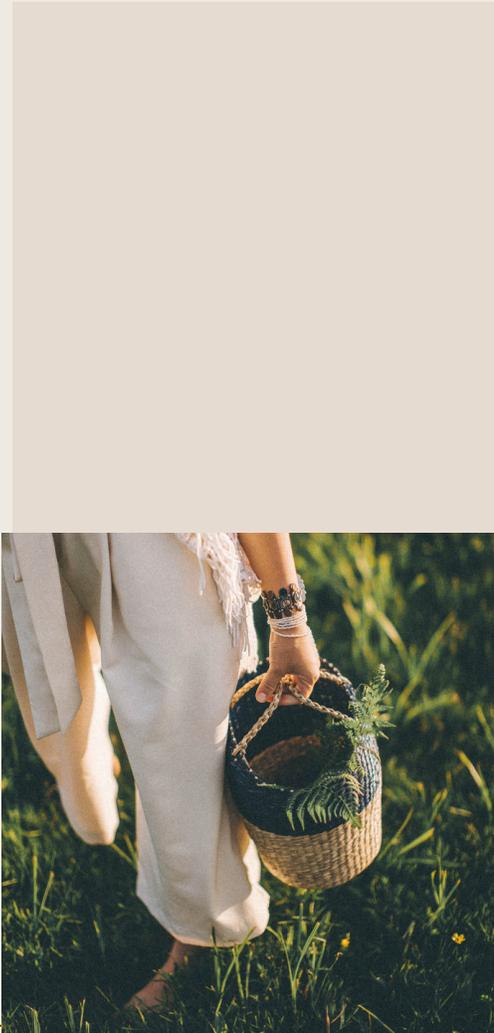
8. Get Fresh Air

Try to spend a few minutes outside in the fresh air. A short walk or simply sitting by an open window can help boost your mood and energy.

10. Move at Your Own Pace

Pregnancy can bring fluctuating energy levels, so it's important to listen to your body and adjust your morning ritual as needed. Don't feel pressured to do everything all at once—what matters most is finding a routine that feels nourishing and supportive for you.

Remember to always check in with your healthcare provider about any new activities or changes to your routine to ensure they're safe for you and your baby!



HOW TO START YOUR JOURNAL

Starting a journal during pregnancy is a wonderful way to capture the emotional, physical, and mental journey of this transformative time. Here's how you can begin:

1. I have added 7 Journal pages to your workbook or you can use your own journal, I have included daily prompts to help inspire you.
2. Set a Routine: Aim to write regularly, whether it's daily, weekly, or whenever you feel inspired. Even just five minutes a day can be meaningful.
3. Write From the Heart: There are no rules—write about anything that stands out, whether it's physical changes, emotions, your dreams for your baby, or your experiences with your partner and family.



JOURNAL PROMPTS FOR YOUR EMOTIONS

Here are some prompts that can help you reflect on both the physical and emotional aspects of pregnancy, supporting a deeper understanding of how you're feeling on any given day. This can be done daily, you can choose to journal all of them or just a few or even one, whatever feels right for you.

How am I feeling today, physically and emotionally?

- Are there any specific physical changes that are influencing my mood?

What emotions have stood out to me today?

- Am I feeling excited, anxious, overwhelmed, joyful, or something else?

What moments today made me feel more connected to my baby?

- Did I notice any physical sensations, like kicks or movements, that deepened my bond?



JOURNAL PROMPTS

Did I face any challenges today, either physically or emotionally?

- How did I handle them, and what did I learn from those moments?

Did I experience any unexpected emotions today?

- What triggered these feelings, and how can I address or accept them moving forward?

What has helped me feel calm or centered today?

- Are there activities, thoughts, or people that support my emotional well-being?

How am I coping with the changes happening in my body?

- Are there aspects of my body that feel empowering, or are there things I find difficult to accept?

Did I share any feelings or experiences with my partner or loved ones today?

- How did they respond, and how did it make me feel to share or hold back?



JOURNAL PROMPTS

What self-care activities helped me nurture my emotional health today?

- Did I make time for rest, relaxation, or anything that helped ease stress?

Am I having any specific worries or anxieties about the future?

- What can I do to address or calm these concerns as I move through my pregnancy journey?

How does the idea of becoming a parent feel today?

- Is there a sense of excitement, fear, or uncertainty surrounding parenthood right now?

What are three things I am grateful for today in my pregnancy experience?

- How can I focus on gratitude to help shift my emotional outlook?

How have I taken care of my mental health today?

- Did I practice mindfulness, talk to someone, or take time for myself?



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JOURNAL PROMPTS FOR SETTING INTENTIONS

Embrace Your Body's Strength

Intention: "I honor and trust my body's wisdom as it grows and nurtures new life. I am grateful for the changes it is going through, and I celebrate my body's incredible strength."

Self-Care and Nourishment

Intention: "I commit to nourishing my body with healthy food, rest, and mindfulness. I will prioritize my well-being, knowing that my health supports the growth of my baby."

Cultivate Calm and Positivity

Intention: "I will remain calm, positive, and present in this journey. I release fear and stress and trust that everything is unfolding as it should."

Connection with Baby

Intention: "I will deepen my connection with my baby every day. I will listen to my intuition and communicate with love and warmth, welcoming this new life."

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JOURNAL PROMPTS FOR SETTING INTENTIONS

Support and Connection

Intention: "I am open to receiving support from loved ones and surrounding myself with a community of people who lift me up. I will create space for meaningful connections during this special time."

Trust in the Process

Intention: "I trust the process of pregnancy and childbirth, knowing that my body is designed for this. I trust that everything will unfold as it is meant to."

Emotional Balance and Healing

Intention: "I allow myself to feel and process all emotions that arise during this journey. I embrace any fears, anxieties, or challenges with love and compassion for myself."

Empowerment and Confidence

Intention: "I believe in my ability to birth this child in a way that feels right for me, trusting my instincts and the support of my birth team."



JOURNAL PROMPTS FOR SETTING INTENTIONS

Gratitude for the Journey

Intention: "I am grateful for the opportunity to experience pregnancy, for the gift of life growing inside of me, and for the lessons this journey brings."

Mindful Preparation for Parenthood

Intention: "I will take the time to thoughtfully prepare for the arrival of my baby, knowing that it's not just about material things but also about emotional readiness and creating a loving, nurturing home."



DATE

DAILY JOURNAL

YOUR THOUGHTS

WHAT EMOTIONS CAME UP FOR ME TODAY

DAILY INTENTION

SELF CARE RITUAL

DATE

DAILY JOURNAL

YOUR THOUGHTS

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YOUR THOUGHTS

WHAT EMOTIONS CAME UP FOR ME TODAY

DAILY INTENTION

SELF CARE RITUAL

HOW TO START YOUR SELF-LOVE JOURNEY



Starting a self-love journey during pregnancy can be such a powerful and transformative experience. It's a time of significant change, both physically and emotionally, so nurturing yourself becomes even more important. Here are a few steps to help you begin your self-love journey while pregnant:

YOUR DAILY CHECK OF SELF-LOVE

STARTING A SELF-LOVE JOURNEY DURING PREGNANCY CAN BE SUCH A POWERFUL AND TRANSFORMATIVE EXPERIENCE. IT'S A TIME OF SIGNIFICANT CHANGE, BOTH PHYSICALLY AND EMOTIONALLY, SO NURTURING YOURSELF BECOMES EVEN MORE IMPORTANT. HERE ARE A FEW STEPS TO HELP YOU BEGIN YOUR SELF-LOVE JOURNEY WHILE PREGNANT; PRINT THIS OUT AND DISPLAY IT WHERE YOU WILL SEE IT EVERYDAY CHOOSE ONE THING A DAY FROM THIS SELF LOVE CHECK LIST .

Practice Positive Affirmations	Take A Bath	Practice Mindful Meditation
Home Face Mask	Take An Afternoon Nap	Eat Nourishing Food
Softly move to music	Gentle exercise Walking, yoga	Check in with a pregnancy support or online group

IT TIME TO FEEL NURTURED

Thrive Pregnancy Workbook

Its time to expand your pregnancy journey !

Are you ready to take control of your pregnancy and birthing journey and feel nurtured, connected and confident while being part of a community?

In **The Nurture with Nikki 6 Week Program**, you'll have access to my signature program, doula tips, and resources designed to empower you every step of the way. Whether you're a first-time parent or expanding your family, this community offers a weekly chat group, online workshops, and a supportive network to help you feel confident and prepared.

Join us today and get the support you deserve!



Thank you

Thank you so much for attending The Secret to Self Care Webinar to help you THRIVE in pregnancy! It was a joy to share these practices with you, and I truly hope you found the experience insightful and helpful as you navigate this beautiful journey. Your presence and engagement made the session even more special.

Wishing you peace, balance, and joy as you continue on this incredible path.



NEED MORE INSIGHT & SUPPORT?

NURTURE WITH NIKKI 6 WEEK PROGRAM

The Nurture with Nikki Signature Program offers numerous benefits for expectant mothers, providing valuable support and guidance throughout the pregnancy and birth journey.

Here are a few key advantages:

Nikki's signature step-by-step program

Informative Videos

Weekly Meditations

Weekly Rituals

Weekly Topics

Weekly Group Chats

The Nurture with Nikki program is a comprehensive way to feel informed, confident, and emotionally supported as you prepare for one of life's most beautiful moments.

Join the Birth Coach Community

Today, for a one-off price of \$197