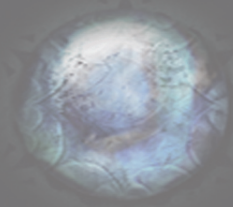




Tips and Tools for Postpartum Peace

...a week or a half-century after birth

AKA: What-to-do-when-you-don't-know-what-to-do
as you come to peace with a less-than-peaceful birth



A toolkit for use with:
Birthing Peace Within
Lori Barklage

I want to congratulate you for making the choice to take care of YOU.

You have been taking care of everyone and everyone else, and it is PAST TIME to take care of you. You know it, and yet if you are like many of my clients, you may still have trouble truly accepting it. Well, you have made a great first step!

Perhaps you think you should be getting that one more load of laundry done, or spending every moment of your free time making cute crafts with your family. You may even think that is you take time for you that your family will suffer and you will be nominated for the 'Bad Mom Of The Year' award.

Way down deep inside, you know **THAT IS NOT TRUE.**

Actually, it is time to recognize this is more like that time in an airplane safety briefing when the stewardess tells you to put on YOUR oxygen mask so you can help take better care of others.

If you wear out/pass out, you cannot help anyone.

EVEN MORE IMPORTANTLY: You deserve to be taken care of *by one of the best caretakers you know*. Take just a moment and let that sink in.

You deserve love, time, and energy. Invested in YOU. By you.

The great news is that your body knows what to do, the same way it knows how to grow fingernails and keep breathing - you don't have to tell it, you just have to allow it... you don't hold your breath or bite your nails off, and it knows what to do. We just have to allow our body the support it needs so it can do what it knows you need.

Try one (or more!) of these quick-pick-up exercises if you want a quick energy boost, have some big feelings come up and don't have time to listen to one of the recorded sessions, or you feel like you just don't have the energy to take care of you.

It only takes a few moments - and now is a good time to remind yourself you ARE worth MORE than a few moments of your own time - to get you started in the right direction.

Heading to the workshop, I didn't really know what to expect.



What I came away with was a new way to leave stress, trauma and difficult mental hurdles in the past and move forward with a more healthy and positive mental state. **This workshop equipped me with the tools needed to handle the day to day stresses as well as the bigger things in life that we often feel "stuck" over.** I learned so much about how our bodies can take in information and how we are capable of changing that information into a learning/growing experience rather than a potential trauma.

Also while there I made incredible life-changing friendships I will treasure forever!

Christina - wife and mommy

1) Tarzan chest pound (and yell!)

I have a completely unproven theory that the reason Tarzan was so strong and energetic was his habit of chest-pounding. It gets your blood flowing, stimulates lymphatic flow, and wakes up your thymus gland.

Ok, so that may not be exactly why Tarzan did it, but it works for you.

You can do it sitting, standing, or laying down -- it only takes a few seconds, and feels great!

To get started, throw your shoulders back, make soft, open fists with both hands, and bend your arms at the elbow. Pound firmly *but not painfully* on your chest - in the middle, on either side, and all around.

Cross over and use your right hand on the left, then the left hand on the right. You've got it!

If you are reading this from a connected device - click here to see how it is done:

<http://www.youtube.com/watch?v=7rw4juOiZ1E>

Breathe in and out deeply and if you are in a location that is noise-friendly **give a big Tarzan yell to go with it!**

If you are not familiar with the original Tarzan yell - check it out here and get a bonus

Jane yell, too: http://www.youtube.com/watch?v=y_kvB3_0mrw

2) Cross Marching

This re-balancing act can take anywhere from a few seconds to a few minutes. The longer you do it the better you feel. Do it when you are not feeling out of balance and it will help keep you there!

You can also do this standing sitting, or lying down.

Start by marching in place. This does not have to be fast, or high. Just the knee-bent marching motion. If you are sitting, pick each foot up in turn. If you are laying down, pick each knee up in turn.

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Now, in slow-motion using the hand opposite the lifted knee, touch the lifted knee. Switch knees and hands in turn so the left knee touches the right hand when it is at the top of its travel, and the right knee touches the left hand.

Breathe deeply as you continue and when you have the motion figured out try touching your elbow to the opposite knee for a few rounds.

This helps your energy flow, helps you loosen up, and helps connect both sides of your brain with the cross-over so you are using more of your body's inherent energy to move forward. No need for fake energy such as caffeine or sugar to keep you moving in the right direction!

Lori's class gives you **tools** to access and process disappointments and fear...



That is key, no one wants to examine old wounds
without knowing they can deal with
whatever that brings up.

Lori's class gives you confidence
that you will leave better than you came!

Carla Hartley - founder of Ancient Art Midwifery Institute

3) Give whatever is bugging you a quick ONE-TWO

In 1996 I was recuperating from having given birth twice in the same number of years, with a cross-country move in-between.

I was so exhausted.

I am forever grateful I met one of my friends and mentors Tapas Fleming that year. She taught me that by holding my hands to my head and allowing my body to rebalance my energy I could easily 'reset' my racing thoughts, redirect energy, or calm myself down - all with a one-two pose! I still use the one-two pose both when I need a quick pick-me up OR when I need a calming moment. It really does work for both, because it is all about balance!

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To immediately feel the effects of the quick ONE-TWO, hold one hand in front of your head over the eyebrows, and the other across the back of the head - at the bottom of your skull as if you are cradling a baby's head.

The **ONE**: While you hold that pose, think to yourself "this (problem, stressor) happened and is a problem for me." *Hold the pose for about a minute - or less if you just start to wonder if you are 'done yet'*

The **TWO**: While you hold that pose (switch hands or take a rest between if you need to) think to yourself "This (problem, stressor) is not a problem for me - my body knows what to do and is taking care of me."

When someone you love deeply leaves you as my Beloved did, you carry trauma related to that. Your workshop turned a lot of that around. PTSD ... doesn't control or define me anymore.

I have let the anger & guilt go. Thank you.
I tell myself & tell everyone everyday that
"life is fabulous"! And it is!

MJ



Feel the energy moving, and your body allowing it to circulate?

A few deep breaths are never a bad idea, and when you have a chance take time to sit with the racing thoughts (write them down if you like to journal) work along with one of the recorded sessions, and allow your body to take care of you.

If you have downloaded this handout and have not yet attended a Birthing Peace Within session I hope you found the exercises helpful as you explore what it means for you to come to peace with your less-than-peaceful birth. More energy to invest in the people who matter!

I invite you to join me on my monthly call where we access and process our fears and frustrations - both known and unknown.

Sign up for our next intro session, a **one-month postpartum**, or a **fourth-trimester** series at:

BirthingPeaceWithin.com/register

Looking forward to connecting soon - in the meantime, take good care of you!

Lori Barklage
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