

How to Build a Relaxing Reflection Space

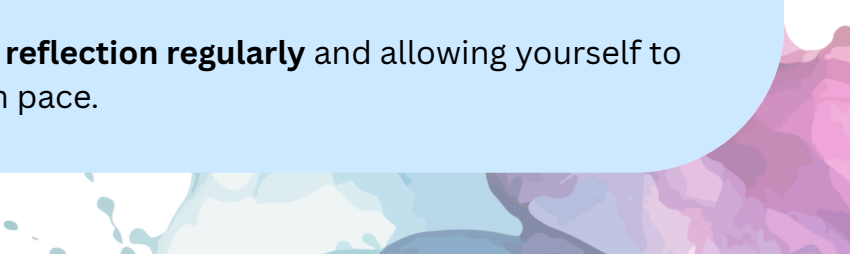
Why is Reflection Important?

Reflection allows you to get your feelings out rather than bottling them up.

Reflection also helps you process your experiences, whether you feel these experiences are positive, negative, or neutral.

Reflection is not always a comfortable process, and **this is okay!** Everyone has their own journey, and you are in a **safe space** to reflect on your feelings.

How Do I Use the Birth Reflection Tool?

- This tool is designed to help you explore your emotions and reflect deeply on the birth experience.
 - Prompts are meant to guide you through in this order:
 - **Step One: The Facts**
 - **Step Two: The Feelings**
 - **Step Three: Write the Birth Story**
 - Deep reflection takes time — the tool is **not meant to be completed in one day**.
 - Give yourself space to feel emotions as they come up.
 - A helpful strategy is to **answer one question each day**, or whenever it fits your routine.
 - What matters most is **returning to the reflection regularly** and allowing yourself to move through the process at your own pace.
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How Can I Create a Space for Deep Reflection?

Everyone finds comfort differently; what works for one person may not work for another. **Build a space** that feels **safe** and **comfortable** for you. Unsure where to start? That's completely normal!



Strategies to Help you Reflect!

Find a private spot and ask others for some alone time if possible

Play calming music or white noise

Light a scented candle

Spend time in nature

Get in a comfortable chair

Close your eyes and take slow, deep breaths

Wear cozy socks or comfy pajamas

Dim the lights

Enjoy a warm drink



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Feeling like you need Additional Support?

The reflection process can bring up some potentially challenging and/or distressing emotions. If you feel you need additional support, some resources are listed below:

Emergencies: Call 911

Kingston General Hospital Emergency Department: 76 Stuart Street, Kingston, ON, K7L 2V7

Telephone Aid Line Kingston (TALK): Call 613-544-1771 daily from 6pm to 2am for confidential and anonymous listening service

211 Ontario: Helpline that helps connect you to social services, program, and supports

988 Ontario: Call or text 9-8-8 for an immediate crisis or suicide-related concerns and talk to a responder without judgement

For more information on Kingston crisis & distress lines, go to
<https://kingstonhsc.ca/staff-wellness/mental-wellness/getting-help/crisis-distress-lines>

You can also reach out to Childbirth Kingston for further community supports and resources.

**477 MacDonnell Street, Kingston, ON, K7K 4W5
Email: info@childbirthkingston.com**

You can also connect with your primary care provider (physician or nurse practitioner) for further support.