

# 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.

## 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

# 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](mailto:info@childbirthkingston.com)

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