

# TRAUMATIC BIRTH



MEEGAN  
STEPHENS

LOVINGLY HERE. FOR YOU

DOULA // NATUROPATH //  
HERBALIST

## HOLDING SPACE

Firstly, congratulations on your baby! However, I understand this can be a time of confusion and disconnection; when all you are craving is joy and happiness.

Birth trauma is real, it is encompassing and isolating. I see you.

*‘Trauma is not what happens to you, it's what happens inside you as a result of what happened to you..’*

Dr Gabor Mate

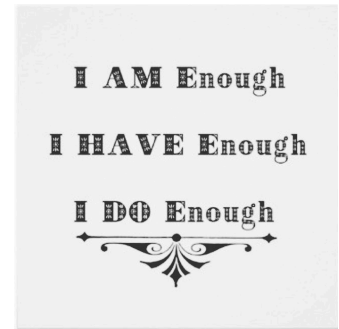
Birth trauma is unique to your experience. If you have experienced any kind of disempowerment, rejection, isolation, abuse, gaslighting, pressure or anything that feels intuitively wrong for you then your trauma is justified and real. This trauma is now locked in your nervous system and can effect your health and wellbeing.

Birth trauma can be a traumatic experience on many levels - physically, emotionally or psychologically. It can also be a great grief or a loss for an experience that you had hoped for.

A traumatic response can present in many ways: fight, flight, freeze, fawn. This response will then become your subconscious response within your motherhood journey. I can't recommend enough using resources to assist you through your birth trauma, to support you to begin the healing process to allow you to step into your motherhood role from an empowered and joyous place.

I hope you find these resources supportive and helpful. Please remember to reach out and ask for support, I am lovingly here ~ for you.

Blessings,



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# PROCESSING

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## *Parents health and wellbeing*

You have just moved through this rite of passage: becoming a mother! Whether this is your first or subsequent baby, it is a transformational time.

I understand your birth plan did not go the way you had wished, and that it is a difficult time for you.

Processing trauma is important, allowing yourself the time and space to heal and really understand what you have been through.

Looking after yourself during this time is important. I hope you find this helpful and practical.

### Physical-

- Ensure you are eating nutritious meals with plenty of colourful and vibrant foods; good quality proteins; whole grain carbohydrates; healthy fats and of course mumma cacao!!
- Stay hydrated! Lots of water, hydrolytes, herbal tea
- Gentle but steady exercise: like walking in nature, yoga or gentle stretching, swimming.
- Vitamin D- enjoy some sunshine everyday

### Mental-

- Find yourself a supportive therapist to hold space for your needs
- Notice how you are feeling each day and allow yourself time and space to navigate these feelings
- Share your rollercoaster with your partner/doula/family/support team
- Reach out to support groups if you need external and extra assistance - see below for a detailed list of support ground in your area
- Keep a journal of your triggers, emotions, feelings

### Spiritual-

- Create time to honour your baby - with ritual and sacred space
- Follow and let yourself be guided by your intuition of what serves you best in this time
- Find support in energy healings or clearings
- Connect with yourself with specific (and guided) breathwork

### Emotional-

- Find yourself time and space for a birth trauma release / debrief with a specialised practitioner
- Journal your feelings, emotions and fears

- Note down anything to be processed with your doula or health care provider (fear release, questions, wounds etc)
- Seek our support groups
- Note down your experience and allow yourself time to grieve and be with this feeling
- Do an emotional scan of your body each day from head to toe
- Share your thoughts and feelings with your partner, doula, family or support person to share the load.

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*Friends and Family  
Wellbeing*

Try to remember you are not alone, you have a group of people that would love to be here for you and offer support and help in any way.

Here are some ways you could ask for help:

- Nutritious meals for yourself and your family
- Help hands with care for other children - such as lifts, daycare, playdates, rest time and so on
- Allow them to take you out for a walk or a cuppa in the sun
- Allow them to assist you with household duties like cleaning, groceries, driving and so on.

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# CONSIDER

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<p><i>Birth Trauma support</i></p>	<p><b>Local:</b></p> <ul style="list-style-type: none"> <li>• Dr Leah Zvirzdinas birth debrief and educator: <a href="https://www.leahjayne.com.au">https://www.leahjayne.com.au</a></li> <li>• Port Macquarie counselling: <a href="http://www.portmacquariecounselling.com/griefcounselling.html">http://www.portmacquariecounselling.com/griefcounselling.html</a></li> <li>• Myself! Allow me to hold space in a sacred way through ritual, drumming and clearing for you. As well as supporting you deeply as a postpartum doula during this time: <a href="https://honora.com.au">https://honora.com.au</a></li> <li>• ERT (Emotional release technique) - this technique is an assessment of your nervous system and allows us to pinpoint specific emotions and process them through your nervous system which can relieve stress and pressure.</li> <li>• Immersion/Emersion Birth Trauma Retreats with Dr Leah Zvirzdinas and Myself.</li> </ul> <p><b>Online Support:</b></p> <ul style="list-style-type: none"> <li>• <a href="https://birthtrauma.org.au/support-services/">https://birthtrauma.org.au/support-services/</a></li> <li>• <a href="https://panda.org.au/articles/childbirth-trauma-and-recovery/">https://panda.org.au/articles/childbirth-trauma-and-recovery/</a></li> <li>• <a href="https://www.cope.org.au/preparing-for-birth/things-dont-go-plan/recovering-from-a-traumatic-birth/">https://www.cope.org.au/preparing-for-birth/things-dont-go-plan/recovering-from-a-traumatic-birth/</a></li> <li>• <a href="https://www.gidgetfoundation.org.au/adjusting-to-parenthood/managing-birth-trauma">https://www.gidgetfoundation.org.au/adjusting-to-parenthood/managing-birth-trauma</a></li> </ul>
<p><i>Connection</i></p>	<p>At this difficult time, always remember to lean into your support network.</p> <p>Your community wants to support you and often doesn't know how; lean in and ask for help or support.</p> <p>Starting close - with your closest family and friends and then if you feel open to it - accepting help from your broader community.</p>

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BIRTH YOUR WAY

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*Details:*

Holistic Doula // Naturopath // Herbalist // Shamanic Space holder

Please reach out for more details and in depth support and love.

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