



CREATING YOUR ATMOSPHERE

What would help you enter the rest, joy, and presence of the Lord during labor? Write it here so that your partner, doula, etc can make sure to provide an atmosphere for you that allows you easy access into God's peace and presence.

Sounds: (just a few ideas to get you thinking)

- Is there a worship list you'd like to have playing (might want an encouraging, upbeat one for early labor and a more relaxing one for active labor & transition – maybe one with words and one without words)
- Nature sounds
- Pandora station (make sure to pay for the stations without advertising interruptions)
- Quiet sounds – people talking in quiet, peaceful tones
- Scriptures – either recorded or for your partner to read out loud

Visual:

- Candles
- Flowers
- Scriptures on the wall
- Painting or picture
- Clean, tidy environment
- Dim lighting
- Outdoors (window or going outdoors)

Smells:

- Essential oil scent (lavender is relaxing, peppermint invigorating & good for nausea, DoTerra Balance blend is good for emotional balance and calming)
- A special candle scent you enjoy
- Any smells you don't want around you?
