

Relaxation Prep in 4 Steps



~ Four Switches to Find Your Zone ~

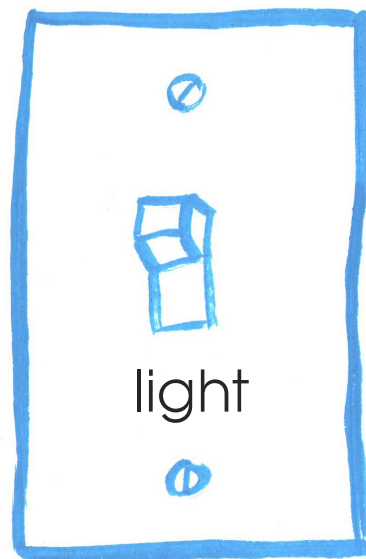
The neocortex is the large, thinking, advanced part of your brain. You use it to problem solve, create, and plan. It's helped you a lot! What's not great is the way the neocortex hampers the primitive parts of our brain when we need to do physiologically natural things all animals do.

BIRTH IS EASIER AND MORE PLEASURABLE WHEN WE AVOID THE 4 Ls.



**minimize
talking**

Words are processed and produced in the neocortex. People in active labor are ultimately uninterested in talking or paying attention to others' words. It's too hard to do words when you're in the zone.



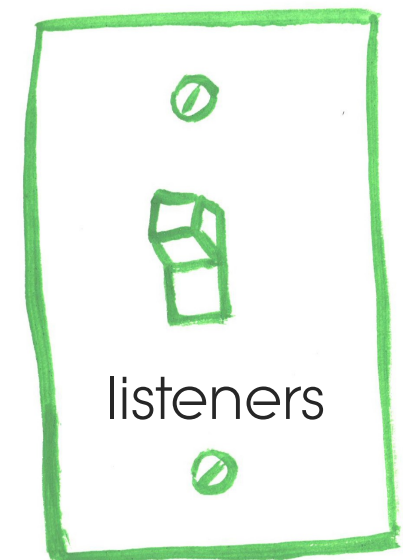
**turn down
the lights**

All light, especially fake light, wakes us up. Light makes us cast our eyes about and analyze things, process possible threats, and make decisions. In labor, light interferes with the hormonal orchestration.



**stick to a
familiar environment**

Your neocortex takes over whenever anything "makes you look" or is new. Being surrounded by familiar sights, sounds, smells and people is physiologically safest. Especially in labor, you must feel safe.



**avoid
observation**

When we are observed, we observe ourselves. The more people and machines we have monitoring or watching or waiting, the more neocortical activity there is and the harder it is to relax.