



*willow & rainbow box*

# PREGNANCY HOPE & SUPPORT CARDS

These cards are designed to support you through your pregnancy and help relieve any anxiety you may feel.

The set contains 9 cards; one for each month of pregnancy, split into trimesters. On one side you will find a message of positivity and on the other a mindfulness technique you may find helpful.

If you want to share your journey, we'd love to hear from you.

@willowsrainbowbox #willowscards





MY BODY IS DOING  
AMAZING THINGS ,  
I AM ENOUGH.

# KINDNESS ROCKS

Doing something good for others is known to have benefits for our own well being. With this in mind, why not carry out a random act of kindness?

One easy and fun way to do this is by hiding a kindness rock. Find a nice smooth rock, and using acrylic paints or marker pens, decorate it with a design or some positive words. Then, go outside and leave the rock somewhere for someone to find. You don't have to go far. Hopefully this little rock will make someone smile, and at the same time you've benefited from engaging in a creative and fun activity!



I'M ONLY FOCUSING  
ON HOW I FEEL  
AND HOW MY BODY  
FEELS TODAY. I'M  
TAKING IT ONE DAY  
AT A TIME.

# JOURNAL KEEPING

Keeping a journal can be a really helpful way to explore and air any difficult emotions you may be feeling. Writing this down can help you to understand these thoughts, and help to clear your mind. It can also help you recognise when you need to share these thoughts and ask for support. If you enjoy creative activities you may want to incorporate some 'bullet journal' ideas where pages are decorated with colours and images as well as words. A quick internet search will show many examples of this.

This is your journal, for your thoughts and you can make it as simple or as decorative as you like, whatever you find works best for you.



THIS IS A NEW  
AND DIFFERENT  
PREGNANCY, I WILL  
ALLOW MYSELF TO  
FEEL POSITIVE.

# GETTING CREATIVE

Getting creative can be a great way to relax and to keep your mind focused on a task. You could try taking this box and decorating/personalising it or you could try a mindfulness colouring book.



I AM STRONG  
AND I'M DOING  
EVERYTHING I CAN  
TO LOOK AFTER  
MYSELF AND MY  
BABY.

# PROGRESSIVE MUSCULAR RELAXATION

This is a technique that you can do almost anywhere but that perhaps has the most benefits if you are able to find a quiet spot away from the busyness of everyday life.

Make yourself comfortable either sitting or lying down. Close your eyes or gently lower your gaze, depending on what feels best for you. Take a deep breath in and out.

Bring your attention to the muscles in your feet. As you breathe in, tense the muscles in your feet, before relaxing the muscles as you breathe out. Give them a gentle wiggle. Slowly turn your attention to each part of your body; your calves, your thighs, your arms, your hands, your shoulders, finishing with your face. As you tense each of these muscles in turn, breathe in, and then relax the muscles as you breathe out. Do not tense the muscles hard enough to cause discomfort, just so you feel a slight squeeze.

Take another deep breath in and out. And as you turn your attention back to the room you are in, open your eyes.



I'M PROUD OF HOW  
FAR I'VE COME,  
HOW I'M DEALING  
WITH MY FEARS  
AND HOW I'VE  
GROWN.

# FOCUS ON SENSES

Often our mind wanders to things that have already happened (in the past) or to things that have not yet happened (in the future). Remembering happy times or looking forward to things that are due to happen can be a positive experience. However, often our attention is drawn to things that have not gone so well or things we worry might happen and this can be a less positive experience - making us feel distressed.

We can't undo the past or control what definitely happens in the future, but what we do have is the present. Bringing our attention to the present moment can be difficult and something we have to practice a lot, but that can help us to feel more connected to ourselves, our surroundings, and the things and people we care about.

One way to ground ourselves in the present moment, is to use our senses. A simple way to do this, is to notice 5 things we can see, 4 things we can touch, 3 things we can hear, 2 things we can smell, and 1 thing we can taste. Have a go. Open your mind to be curious to what your senses notice.



I DESERVE THIS, I  
DESERVE HAPPINESS  
AND FULFILMENT.

# GUIDED IMAGERY/RELAXATION

Guided imagery is a technique whereby you use your imagination to build images in your mind of a favourite memory or place, and then use your senses to explore what your mind is giving you.

Before starting the exercise, find a quiet and comfortable place to sit or lie down where you are unlikely to be disturbed. When you are ready, close your eyes or gently lower your gaze. Take a moment to just notice your breath. Don't try to change your breath, just notice the sensations in your body as you breath in and out.

In your mind, think of either a pleasant memory or a place you would love to go. Try to bring to mind images you associate with this. Picture yourself in the images - what are you doing? How do you feel? What do you notice is going on around you? Is there anything you can smell or taste? Reach out, what can you touch and how does it feel in your hands?

As you bring your attention back to the room, notice how it felt to bring these images to your mind. These images are something you can come back to again and explore further.



I HAVE ALL THE  
LOVE AND SUPPORT  
AROUND ME TO  
HELP OVERCOME MY  
FEARS.

# MINDFUL BREATHING

This short breathing exercise can help you to connect with the present moment.

Settle into a comfortable position and allow your eyes to close. Begin by taking several long, slow, deep breaths. Allow your breath to find its own natural rhythm.

Bring your full attention to noticing each in-breath as it enters your nostrils, travels down to your lungs, and causes your tummy to expand. And notice each out-breath as your tummy contracts and air moves up through the lungs back up through the nostrils or mouth.

Breathe in and breathe out. Follow the air all the way in and all the way out. Mindfully be present, moment by moment with your breath. If your mind wanders, just notice without judging it and gently guide your awareness back to your breathing.



I HAVE PEOPLE  
TO TURN TO FOR  
ADVICE AND  
SUPPORT IF I NEED  
IT.

# MINDFUL STRETCHING

When stretches are done mindfully, they can have great benefits for both the body and mind.

Sit up straight in a chair. Maintain a neutral posture with your shoulders down and back. Breathe comfortably. Put your left arm out in front of you, palm down. Point your fingers towards the ceiling. Place the palm of your right hand across your left fingers on the palm side. Gently press to increase the stretch but stop if you feel any pain. Hold and return to the starting position. Now switch hands and do the same stretch with your right hand.



I MADE IT  
THROUGH  
YESTERDAY, I CAN  
DO THE SAME  
TODAY, AND  
TOMORROW.

# BLOWING BUBBLES

If you can get your hands on a pot of bubbles, this exercise is a great alternative to traditional mindfulness meditation.

Dip your bubble wand into the bubble mix. Take a deep breath in, and as you exhale, blow as many bubbles as you can. Keep the exhale steady. Repeat the deep breath in, and the steady exhale, releasing any tension you have been holding onto. Repeat as often as you like.

Take a moment to watch the bubbles as they move and fall through the air. Bring your attention to one of them and follow its journey, before it pops.