

# Establishing and Maintaining Self-Care in Midwifery

A Brief Discussion & Guide



# Who Are You?

Currently: Black Woman, Midwife, Friend, Daughter, Sister, Niece, Auntie, Colleague, Intentional

Work Life: Per Diem, Entrepreneur/Small Business Owner  
Community Birth Midwife (birthworker support) , Mentor, Mentee

Back Then: Single, working full time L&D, SOCIAL

Work Life: Full Time L&D nurse and Full Time School, FULLY invested and making BIG sacrifices of self





'You cannot pour from an empty cup.'

'We must be sure to take care of ourselves before we take care of anyone else.'

When we get 'so good' at taking care of others that we neglect ourselves, it isn't really 'good care'-- it is self sabotage!

# 'M' Principles for Care

## Movement

- MOVE YOUR BODY!!!
- Think of the body work we recommend to pregnancy people ☺
- Exercise/Stretching/Walking
- Massage
- Bath
- Float Pool
- Acupuncture
- Detox
- Chiropractor care
- Dance

## Mind

- Mindfulness practices
- Spiritual practices
- Therapy
- Journaling (Chronicle your story)
- Sound bath (Spotify/music apps)
- Be intentional with your time
- Start with 5 mins (or maybe 1 min)
- Share to heal
- Start a support group

## Mentorship

- MMB! 🤝❤️
- Ask Questions
- Inquire about the journey of others
- Lean into the learning curve
- It is ok to be a novice
- Two-way street (we are continuous learners)
- Meet your needs

# 'M' Principles for Care

## Meet Up

- Intentional breaks (PLEASE Plan 🙏)-vacation/stay-cation
  - Friends & Family
  - Something you like to do
- Think of things that require effort and things that require little effort)
- Build your network!
- Other midwives, birth workers, supportive people, community
- Pedicure, wine tasting, pottery, axe throwing, or WHATEVER it is you like to do!

## Meals

- 'Midwifery is Public Health'
- Nourish your body
- Plan ahead (easier said than done)
- Dynamics of home life
- Meal sharing with others
- Birth meal/Hard day meal

## ME!

- Make midwifery work for you!
- Come out of what you have been 'told' to do
- There are MANY ways to midwife
- It is ok if this takes time; the slow build
- Center yourself, not your career
- You DO NOT OWE midwifery your ENTIRE life!
- Don't forget who you are ESPECIALLY outside of this profession!

# We are Human

To provide exceptional care, we have to be exceptional to ourselves.

Treat yourself well so you can sustain yourself in this work.



# Thank you so much!

This is a LIFE journey!  
You are not alone.

