

A hand holding a small photograph against a person's back. The photograph shows a person in a dynamic pose, possibly a dancer or athlete. The background is a soft, warm-toned image of a person's back and arm.

# Release & Renew Challenge

*Let go of fears like balloons, and watch your  
confidence soar. You were born for this!*

# Hello lovely,

WELCOME!

*I'm so excited that you're taking part in this challenge! I promise, it's going to be transformational for you and your journey to birth.*

*I'm Megan, A wife, mum of 2 little ones, NHS worker and Qualified Hypnobirthing teacher/Birth Coach.*

*I've created this challenge for anyone that's pregnant that needs help to face and break down their fears around labour. For so many of us, our fears, doubts and worries keep us from enjoying our precious pregnancy ... we want to enjoy it but have the constant worries in our mind around birth.*

*If you're nodding along, then hello!! You're not alone and this challenge is going to help you break out of this mindset and help you to step into the most fearless version of yourself and go into labour feeling excited and ready!*



**Are you ready?**

LET'S BEGIN!


*Megan  
Kx*

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RELEASE AND RENEW CHALLENGE

Instagram: @bump2babieshypnobirthing

Website: [www.bump2babies.com](http://www.bump2babies.com)

A newborn baby is wrapped in a light-colored blanket and held gently by hands. The baby's face is visible, looking towards the camera. The background is a soft, warm, light brown color. Overlaid on the image is a quote in white, italicized serif font.

*Giving birth  
should be your  
greatest  
achievement, not  
your greatest fear.*

# Getting Started

STEP ONE

1

## COMMIT TO THE CHALLENGE

I don't think this challenge has made its way into your life by accident, you're ready to change your mindset! So the first rule of this challenge is to commit to it. Make the decision to stick to the plan. Come rain or shine, you have to do it. This is for YOU and the beautiful baby you are growing! So step 1 is commit.

STEP TWO

2

## TAKE ACTION

It's amazing that you're here and that you've taken that first step, but now the big thing is continuing to take steps. So follow along and keep taking action and see how things begin to unfold and how your mind will begin to change! It's fascinating!

STEP THREE

3

## BELIEVE IN YOURSELF

This challenge is all about getting you a BIG transformation, but it's important for us to have complete belief in our ability! So roll up your sleeves, get stuck in, but remember to enjoy this journey! We are slowly one by one going to wave goodbye to the fears we have and replace the space with positivity!

***Ready to get started? Good, let's do it...***

*becoming fearless*

# Daily Dose of Being Fearless

In order to become fearless, you need to create new habits and that starts by taking little steps every day. So here are some things you can try doing to help you break down fears and embrace confidence.

## 1 • DAILY VISUALISATION

Set aside time daily to visualize your ideal birth scenario. Close your eyes and imagine every detail, from the atmosphere in the room to the sounds and sensations. Picture yourself confidently navigating each stage of labor, supported by your loved ones and birth team. We only get one chance to birth our baby and it's time for us to be strong and believe that we can do this!



## 2 • PLAN YOUR PRACTICE INTO YOUR

**DAY.** Get intentional each day that you're going to do something from your challenge to help move yourself closer to the birth of your dreams... even if it's something tiny! small steps make big changes! As you get into the habit of doing it, you'll notice big shifts.



### 3 • DAILY AFFIRMATION PRACTICE

Each day, take a moment to affirm your strength, courage, and readiness for birth. By repeating positive affirmations, you rewire your subconscious mind, replacing fear with confidence and excitement. Embrace empowering statements like "I trust my body's ability to birth" and "I am calm, confident, and fully prepared for the miracle of childbirth."



### 4 • MINDFUL BREATHING EXERCISES

Dedicate a few minutes each day to mindful breathing exercises. Focus on slow, deep breaths, inhaling peace and exhaling tension. Mindful breathing calms the nervous system, reducing stress and anxiety while promoting relaxation and clarity. As you breathe deeply, visualize waves of calm washing over you, preparing you for a peaceful birth experience.



### 5 • JOURNALING FOR RELEASE

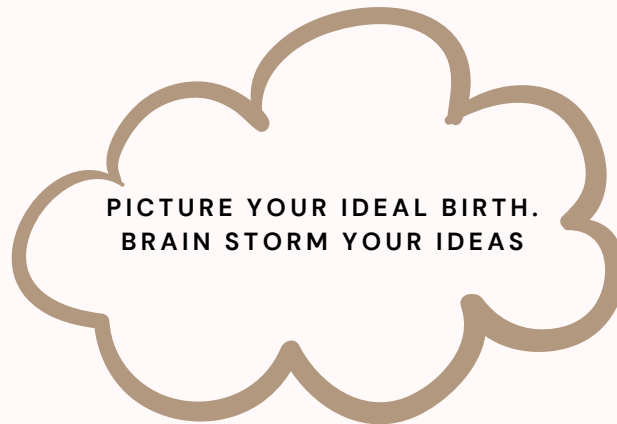
Take a few moments each day to journal your thoughts, fears, and hopes surrounding childbirth. Use this time to release any anxieties or doubts onto paper, allowing yourself to let go of negativity and embrace positivity. Acknowledge your readiness to welcome your baby into the world.



# *Daily Visualisation*

## **STEP 1- DAILY VISUALISATION**

*TAKE SOME TIME BELOW TO BRAIN STORM THE BIRTH YOU WOULD LIKE.  
KEY POINTS: WHERE, WHATS IN THE ROOM, WHAT DOES THE ROOM SMELL  
LIKE, WHAT IS THE LIGHTING LIKE, WHAT CAN YOU HEAR, WHO IS WITH  
YOU?*







# Mindful Breathing

WHEN WE INTENTIONALLY SLOW OUR BREATHING DOWN, TAKING IN MORE OXYGEN, OUR BODY AND BRAIN GREATLY BENEFIT FROM IT.

JUST THE ACT OF INTENTIONAL BREATHING, DEEP INHALATIONS AND SLOW EXHALATIONS, CALMS OUR NERVOUS SYSTEM. THIS SIMPLE TECHNIQUE MAKES IT EASIER FOR OUR BODY TO TRIGGER COMFORTING HORMONES, INCLUDING OXYTOCIN, WHICH IS CRITICAL TO LABOR PROGRESSION AND PAIN RELIEF.

THE BENEFITS OF BREATHING INTENTIONALLY GO BEYOND LABOR. YEARS OF RESEARCH TELL US THAT BY USING OUR BREATH AND MINDFULNESS, WE CAN ACTIVELY CREATE NEW CONNECTIONS IN OUR BRAIN, ONES THAT CAN REFRAME THE WAY WE THINK AND PERCEIVE STRESS AROUND US.

IMAGINE BEGINNING A MINDFULNESS PRACTICE EARLY ENOUGH IN PREGNANCY THAT YOU REFRAME YOUR SENSE OF FEAR AND PAIN WITH LABOR. BREATHING INTENTIONALLY DURING LABOR ALSO BENEFITS OUR BABY, WHO IS ALSO DOING HARD WORK NAVIGATING YOUR BIRTH CANAL TO BE BORN. TAKING IN MORE OXYGEN DURING LABOR HELPS TO SUPPORT YOUR BABY AND MAKE THEIR JOURNEY A LITTLE EASIER.

DEEP DIAPHRAGMATIC BREATHING (ABDOMINAL BREATHING) IS A HELPFUL TECHNIQUE FOR DEALING WITH PAIN, ANXIETY, STRESS AND ANGER.



LET'S TAKE A MOMENT TO SLOW OUR BREATHING AND FOCUS ON OUR BODY AND OUR BABY

- PLAY SMALL BUMP BY ED SHEERAN
- BREATHE IN THROUGH YOUR NOSE FOR FOUR
- BREATHE OUT FOR EIGHT THROUGH YOUR MOUTH
- REPEAT UNTIL THE SONG IS OVER

TRY AND DO THIS TWICE A DAY AND YOU WILL NOTICE THE MORE YOU DO IT HOW QUICKLY YOU CAN CALM AND CONTROL YOUR NERVOUS SYSTEM.

# Journaling for Release

PROCESSING AND RELEASING YOUR FEARS IS IMPORTANT FOR OBVIOUS REASONS, BUT ONE THAT MAY BE LESS OBVIOUS IS THAT HOLDING ON TO THESE FEARS CAN POTENTIALLY MAKE LABOR MORE DIFFICULT. LABOR IS A VERY EMOTIONAL PROCESS THAT'S HEAVILY RELIANT ON OUR HORMONES. IF YOU'RE FEELING ANXIOUS ABOUT SOMETHING, ADRENALINE PRODUCTION IS INCREASED, WHICH CAN SLOW CONTRACTIONS.

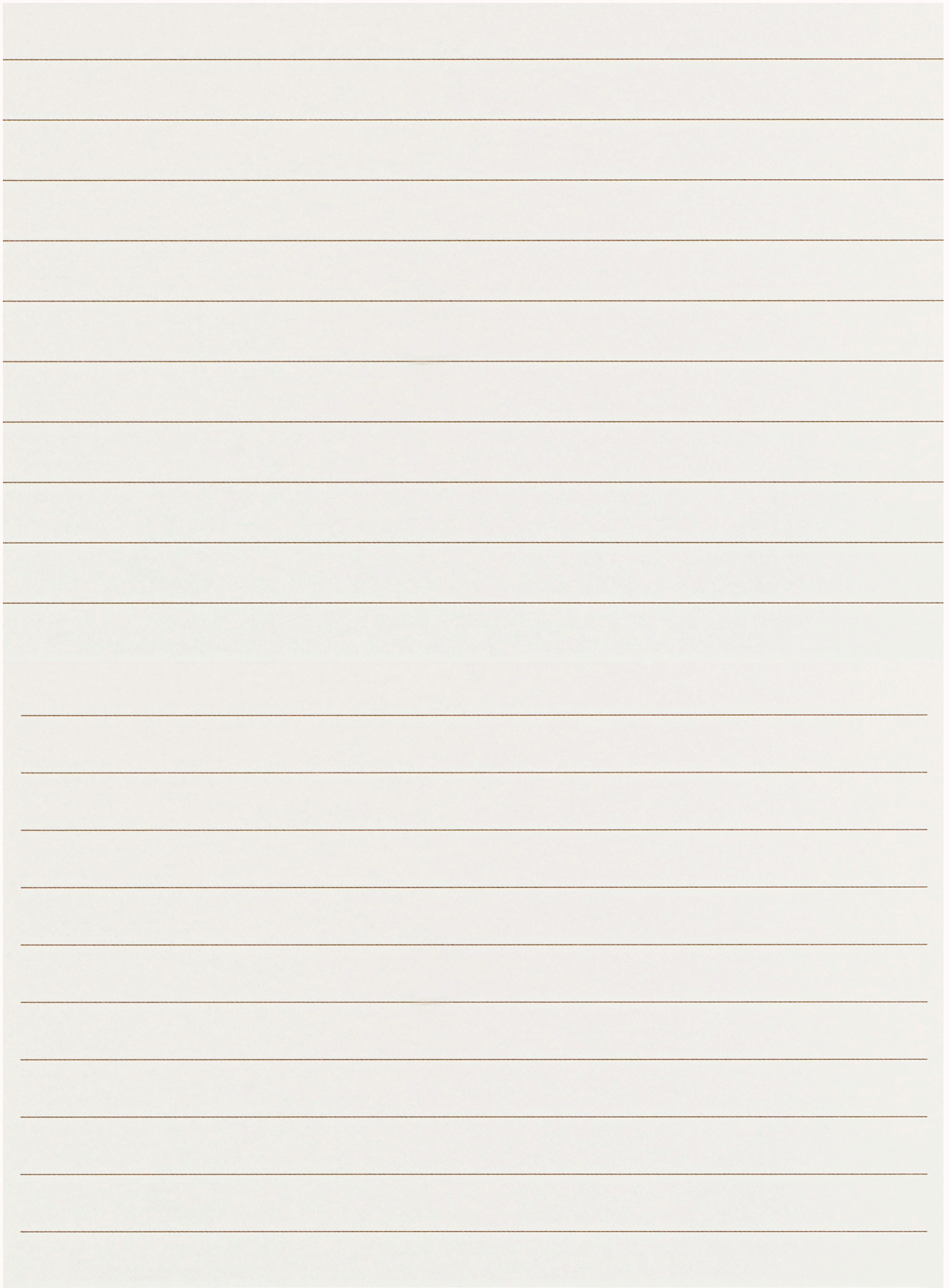
ONE OF THE BIGGEST FAVORS YOU CAN DO FOR YOURSELF IN PREGNANCY TO PREPARE FOR BIRTH IS FLEX YOUR MINDFULNESS MUSCLE. THERE ARE MANY WAYS YOU CAN DO THIS- INCLUDING BRINGING AWARENESS TO THE PRESENT MOMENT, GUIDED MEDITATIONS, AND BREATHING EXERCISES. ANOTHER WAY TO PRACTICE MINDFULNESS, AND WHAT WE'LL BE EXPLORING TODAY, IS JOURNALING.

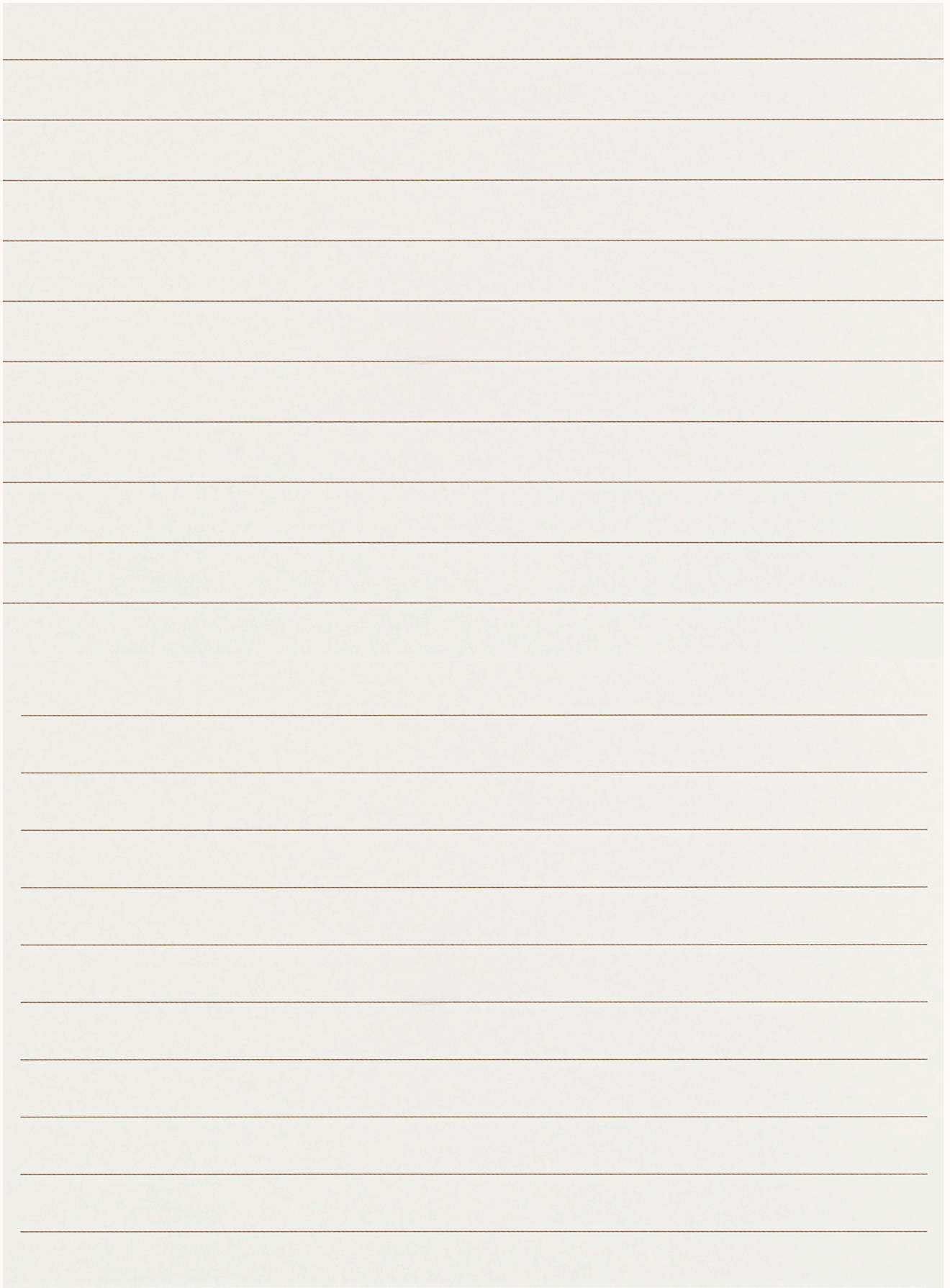
JOURNALING IS A WONDERFUL TOOL TO USE SPECIFICALLY FOR PROCESSING FEARS AND GAINING CONFIDENCE AS YOU APPROACH YOUR BABY'S BIRTH. AS MOST PREGNANT PEOPLE COME TO BIRTH AND PARENTING WITH SOME FEARS, JOURNALING THROUGHOUT YOUR PREGNANCY CAN HELP YOU NAVIGATE AND PROCESS THESE FEELINGS. THIS IN TURN WILL NOT ONLY HELP YOU FEEL MORE AT PEACE THROUGHOUT PREGNANCY, BUT ALSO SUPPORT THOSE FEELINGS OF PEACE DURING LABOR AND BIRTH.

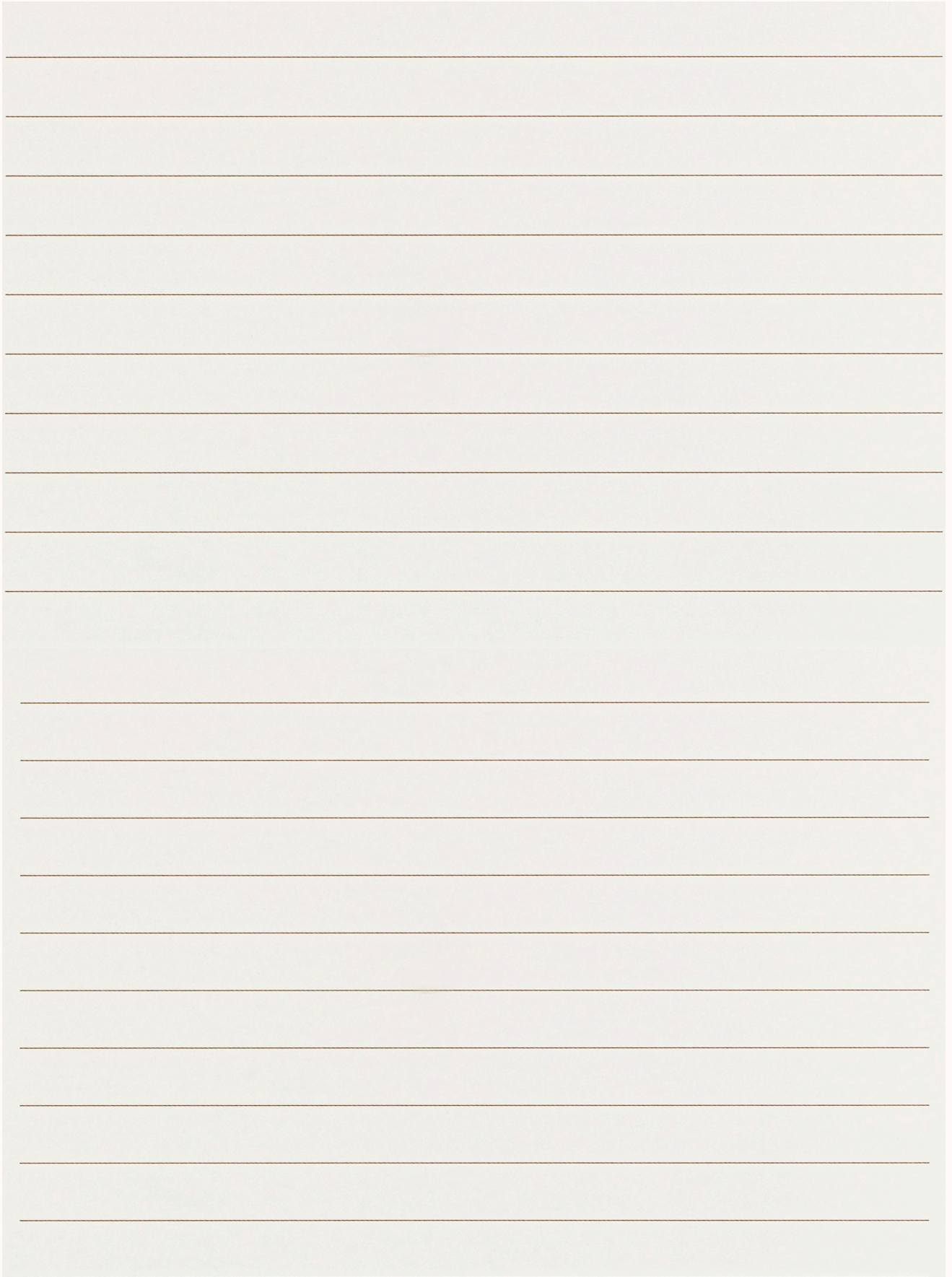
## JOURNAL PROMPTS

- WRITE ABOUT HOW APPRECIATIVE YOU ARE OF YOUR BODY, AND ALL OF THE REASONS WHY YOU TRUST THAT YOU CAN FOLLOW YOUR BODY'S LEAD DURING LABOR AND BIRTH.
- WRITE A LETTER TO YOUR BABY ABOUT YOUR UPCOMING BIRTH EXPERIENCE. TELL THEM HOW YOU ENVISION THE TWO OF YOU WORKING TOGETHER, AND HOW YOU CAN'T WAIT TO MEET THEM.
- WHAT TRAITS DO YOU POSSESS THAT WILL HELP YOU THROUGH YOUR BIRTH EXPERIENCE? WHAT ARE THE THINGS THAT YOU ADMIRE ABOUT YOURSELF?
- HOW ARE YOU FEELING TODAY?













# You've made it!

I really hope this simple 30 day challenge has helped you see what's possible for you and your birth! I hope you learnt lots from taking part and I hope you are feeling super excited for your babies birth date!

This challenge is just the tip of the iceberg, there are so many more ways I can help you.

*If you're ready for the next steps, here's how we can work together...*

Embark on a transformative journey towards the birth you've always envisioned with our tailored hypnobirthing sessions. Whether in a group setting, one-on-one, or through remote online sessions, we provide comprehensive support tailored to your unique needs. Hypnobirthing empowers you with relaxation techniques, visualization exercises, and deep breathing methods, allowing you to approach childbirth with confidence and calmness. By fostering a positive mindset and deep relaxation, hypnobirthing equips you to navigate the birthing process smoothly, reducing stress and enhancing your overall experience.

#### FIND ME AT:

- Website: [www.bump2babies.com](http://www.bump2babies.com)
- Instagram: [@bump2babieshypnobirthing](https://www.instagram.com/bump2babieshypnobirthing)