

Doula Tips for Pursuing Wellness

SELF-CARE CHECKLIST



Physical Well-being

- ☐ Get 7-8 hours of sleep
- ☐ Eat nutritious meals (fruits, vegetables, protein)
- ☐ Stay hydrated (drink plenty of water)
- ☐ Engage in regular physical activity (walking, yoga, swimming)
- ☐ Schedule and attend medical appointments
- ☐ Take short breaks during long shifts
- ☐ Practice stretching and deep breathing exercises
- ☐ Limit caffeine and alcohol intake

Emotional and Mental Health

- ☐ Practice mindfulness or meditation
- ☐ Journal about your experiences and feelings
- ☐ Connect with supportive friends or family
- ☐ Seek professional counseling or therapy if needed
- ☐ Set healthy boundaries with clients
- ☐ Learn to say 'no' to avoid overcommitment
- ☐ Engage in activities you enjoy (reading, listening to music, hobbies)
- ☐ Practice positive self-talk and affirmations

Professional Self-Care

- ☐ Attend continuing education workshops or conferences
- ☐ Network with other doulas and birth professionals
- ☐ Seek mentorship or supervision
- ☐ Set clear professional goals
- ☐ Review and update your doula contract

- ☐ Take time off between clients to recharge
- ☐ Delegate tasks when possible
- ☐ Reflect on your birth experiences and identify areas for growth

Self-Care Activities

- ☐ Take a relaxing bath or shower
- ☐ Get a massage or bodywork
- ☐ Spend time in nature
- ☐ Listen to calming music
- ☐ Read a book for pleasure
- ☐ Practice a hobby (painting, knitting, gardening)
- ☐ Watch a funny movie or TV show
- ☐ Spend time with loved ones

This checklist is designed to support your well-being as a Doula. Remember that self-care is not selfish; it is essential for providing the best possible support to birthing families. Prioritize your needs and adjust this checklist to fit your individual circumstances.

For More Information, Contact Valentius LLC, www.valentiusllc.com