PAIN TEACHING

SaYa-Rebirth.com

Pain, Fear & Mind-Body Loop

How the mind amplifies or eases the experience of labor.

THE FEAR-TENSION-PAIN CYCLE

Fear

activates fight-or-flight. Adrenaline and cortisol flood the body.

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Tension

Blood moves away from the uterus and to the vital organs. Muscles tighten. Contractions become harder to manage.

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More Pain

And back to more fear. The loop continues — unless the mind intervenes.

HOW MINDFULNESS BREAKS THE CYCLE

Present-moment awareness

interrupts the cognitive spiral before it amplifies sensation.

Breath as anchor

keeps the thinking brain quiet so the pituitary can do its work, releasing oxytocin.

Equanimity

"This is intense. It is impermanent. I am not in danger."

For partners:

Your calm is contagious. Your presence matters more than any technique.