



PREGNANCY SELF-CARE INVENTORY

A Reflective Guide by Doula Doc





DoulaDoc

WELCOME

Welcome to your *Pregnancy Self-Care Inventory* – a space created to help you pause, reflect, and reconnect with yourself. Whether you're glowing, growing, or simply trying to make it through today, this guide is here to remind you that your well-being matters deeply.

At Doula Doc, we believe every person deserves to feel informed, supported, and seen throughout their pregnancy journey. Self-care is not a luxury; it's an essential part of preparing emotionally and physically for the changes ahead.

Use this guide as a conversation with yourself – a gentle check-in to notice what restores your energy, what drains it, and what simple things you can do to care for your body, mind, and heart.

Take a deep breath, find a comfortable space, and let's begin.





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About Dr. Alecia Fields

— Hi, I'm Dr. Alecia Fields — a board-certified OB-GYN, trained doula, and passionate advocate for informed, empowered birth experiences.

As the founder of Doula Doc, I help patients feel more informed, confident, and in control of their reproductive health through digital education, personal coaching, and community support. My mission is simple: to ensure every person navigating pregnancy feels supported, heard, and fully equipped to make decisions that honor their body and their values.

Through Doula Doc's programs, classes, and resources, you'll find the education, tools, and community you need to take your pregnancy journey into your own hands — confidently and without overwhelm.

It's time to move beyond uncertainty and embrace your most empowered, informed pregnancy yet.

Happy nurturing,

Alecia Fields

Founder of DoulaDoc



Pregnancy Self-Care Inventory

Pregnancy is a season of extraordinary transformation — not just for your body, but for your mind and emotional well-being. It's a time rich with anticipation and change, but it can also be overwhelming, stretching your energy, patience, and sense of balance.

The goal of this guide is simple: to help you pause, reflect, and identify practical, nurturing ways to care for yourself through emotional awareness and self-compassion. You don't need a complete overhaul of your life — just gentle shifts that help you feel more grounded, rested, and connected.

This guide includes four reflective sections designed to promote emotional regulation, prevent burnout, and help you move through pregnancy with confidence and calm.



Pregnancy Self-Care Inventory

1. What Drains Me Right Now

Take a quiet moment to ask yourself: What's depleting my energy – physically, mentally, or emotionally?

This is not about judgment; it's about noticing patterns. The things that drain you might be obvious (like lack of sleep or work stress) or subtle (like feeling unseen, decision fatigue, or information overload).

Take Action:

Write down 3–5 things that leave you feeling heavy, tired, or tense. For each one, ask:

- Why does this drain me?
- Can I minimize, delegate, or set a boundary around this?
- What support might help lighten this load?

Awareness is the first step toward restoring your energy.



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2. What Helps Me Reset

Reset moments are your body and mind's way of coming back to center. They don't have to be big or time-consuming — sometimes, a 60-second breathing pause can make all the difference.

Reflect On:

- What activities, people, or places help me feel safe, calm, or restored?
- What habits consistently bring me peace — even if only for a few minutes?

Take Action:

List 3–5 things that genuinely reset you. Then, make a plan to weave one or two into your weekly rhythm — intentionally, not as an afterthought.



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3. Small, Realistic Self-Care Options

Self-care doesn't have to mean bubble baths and free afternoons (though those are wonderful if you can get them). It's really about intentional recovery — small steps that signal to your body and brain, “I matter, too.”

Try Creating a Menu of Options:

- 5-minute resets: drink water, stretch, close eyes, or listen to a favorite calming song.
- 15–30 minute restoratives: short nap, mindful walk, or guided relaxation.
- Daily nurtures: setting your phone aside for an hour, journaling, or connecting with someone supportive.

Remember — self-care isn't selfish. It's the fuel that enables you to show up for your growing baby and the people around you.



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4. Support I Could Ask For

Pregnancy is not meant to be navigated alone. Accepting help is an act of strength, not weakness.

Consider:

- What kind of help would most lighten my emotional or physical load?
- Who are the people or professionals I can invite into my support circle?
- Are there boundaries or expectations I need to communicate clearly?

Practical Step:

Write down at least three forms of support you could ask for this week — whether from a partner, family, friend, or care provider. Remember, allowing others to help is part of maintaining your well-being.



Pregnancy Self-Care Inventory

Final Reflection

This Pregnancy Self-Care Inventory is not a one-time exercise but an evolving practice. Return to it whenever you start to feel overwhelmed or disconnected from yourself.

By nurturing your emotional well-being now, you're laying the foundation for resilience, balance, and joy in the pregnancy journey — and beyond.

You don't need to do everything perfectly. Just start where you are, breathe deeply, and give yourself the same compassion you so freely give others.



You're Already Doing the Work

Taking the time to reflect, breathe, and check in with yourself is no small thing — it's an act of courage and care. By completing this inventory, you've taken a powerful step toward honoring your own needs and setting the tone for a more mindful, balanced pregnancy.

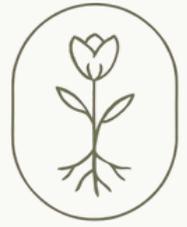
Remember, self-care isn't a luxury; it's a foundation. It's what allows you to show up with strength, patience, and confidence as you prepare for birth and beyond. The more you nurture yourself now, the more fully you'll be able to step into every new chapter ahead.

If this guide resonated with you and you'd like to go deeper, we'd love to have you join the Doula Doc community — a space where education, support, and empowerment come together. You can also explore one-on-one pregnancy coaching for personalized guidance, encouragement, and emotional support every step of the way.

You've got this. And you don't have to do it alone.
Join us — because every journey deserves to be supported, informed, and deeply respected.



Ready to continue your journey feeling informed, confident, and supported?



Join the Doula Doc community to connect with others who understand your experience and access trusted guidance for every stage of pregnancy. For more personalized support, explore one-on-one coaching sessions with Dr. Alecia Fields, where you'll receive compassionate, expert insight tailored to your unique needs.

Because you deserve to feel empowered, cared for, and never alone — every step of the way. throughout your pregnancy journey.

By Dr. Alecia Fields, OB-GYN & Doula, Founder of MyDoulaDoc

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Join us at mydouladoc.com or follow us on Instagram @mydouladoc to continue your journey toward empowered, informed prenatal care. We also have a Facebook Group where I regularly share free resources!



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