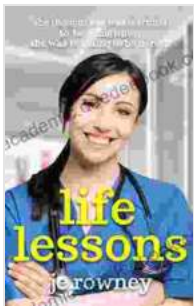


She Thought She Was Learning to Be a Midwife, But She Was Learning to Be Herself

I thought I was learning to be a midwife.

I was learning about the physiology of birth, the stages of labor, and the different ways to support a woman during her pregnancy and childbirth. I was learning about the importance of informed consent, and how to create a safe and supportive environment for women to give birth in.



Life Lessons: She thought she was learning to be a midwife...she was learning to be herself. (The Lessons of a Student Midwife Book 1) by J.E. Rowney

★★★★☆ 4.2 out of 5

Language	: English
File size	: 2070 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 243 pages
Lending	: Enabled
Item Weight	: 8.4 ounces
Dimensions	: 5.71 x 0.79 x 8.58 inches



But as I spent more time with the women I was learning from, I realized that I was also learning about myself.

I was learning about the importance of self-care, self-compassion, and self-acceptance. I was learning about the power of connection with others, and the importance of creating a community of support around me.

I was learning that being a midwife was not just about helping women to give birth. It was about supporting women on their journey to becoming mothers, and helping them to find their own strength and power.

It was about creating a space where women could feel safe and supported to be themselves, and to grow and change in whatever way they needed to.

I was learning that being a midwife was about more than just delivering babies. It was about helping women to birth themselves.

The Importance of Self-Care

One of the most important things I learned from my time with the midwives was the importance of self-care.

As midwives, we are constantly giving of ourselves to our clients. We are there for them during some of the most vulnerable and challenging times in their lives. We are there to support them through labor and birth, and to help them to care for their newborns.

But in order to be able to give our clients the best possible care, we need to take care of ourselves first.

Self-care is not selfish. It is essential for our well-being and for our ability to provide quality care to our clients.

There are many different ways to practice self-care. Some of my favorite ways to take care of myself include:

- Getting enough sleep
- Eating healthy foods
- Exercising regularly
- Spending time in nature
- Meditating
- Connecting with friends and family

When I take care of myself, I am better able to care for my clients. I am more patient, more compassionate, and more understanding.

The Power of Self-Compassion

Another important thing I learned from my time with the midwives was the power of self-compassion.

Self-compassion is the practice of treating ourselves with the same kindness, understanding, and forgiveness that we would offer to a friend.

It is about being gentle with ourselves when we make mistakes, and about not judging ourselves too harshly for our shortcomings.

Self-compassion is essential for our well-being. When we are compassionate towards ourselves, we are better able to cope with stress, adversity, and failure.

There are many different ways to practice self-compassion. Some of my favorite ways to be more compassionate towards myself include:

- Talking to myself in a kind and understanding way
- Forgiving myself for my mistakes
- Accepting myself for who I am, flaws and all
- Being patient with myself when I am struggling
- Celebrating my successes, no matter how small

When I am compassionate towards myself, I am more likely to be compassionate towards others. I am more likely to be patient, understanding, and forgiving.

The Importance of Connection

One of the most important things I learned from my time with the midwives was the importance of connection.

Humans are social creatures. We need connection with others in order to thrive.

Connection can provide us with a sense of belonging, purpose, and support. It can help us to feel less alone and more connected to the world around us.

There are many different ways to connect with others. Some of my favorite ways to connect with others include:

- Spending time with friends and family
- Joining a community group or organization
- Volunteering
- Taking a class
- Participating in online forums or discussion groups

When I connect with others, I feel more supported, more loved, and more alive.

The Journey to Becoming a Midwife

Becoming a midwife is a journey, not a destination.

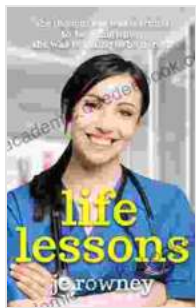
It is a journey of learning, growth, and change. It is a journey of self-discovery and self-acceptance.

As I continue on my journey to becoming a midwife, I am learning more and more about myself and about the world around me.

I am learning about the importance of self-care, self-compassion, and connection. I am learning about the power of birth and the strength of women.

I am learning that being a midwife is not just about delivering babies. It is about helping women to birth themselves.

I am learning that the journey to becoming a midwife is a journey of becoming myself.

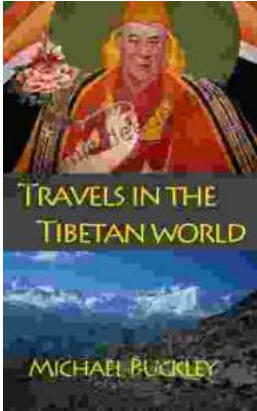


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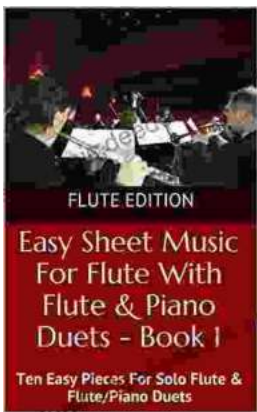
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