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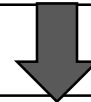


# THE POWERLESSNESS OF A TRAUMATIC BIRTH

Am I worthy of care?

Who's accountable?

Do you have my consent?



## THE JOURNEY TOWARDS RESILIENCE

Finding a pathway



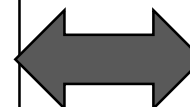
### External resources

1. Finding my faith
2. Meditation, mindfulness and prayer
3. God, the giver – the helper

Moving towards faith and spirituality

1. Family
2. Friendships
3. Support networks

Supportive relationships



### Internal resources

1. Recognising achievement in oneself
2. Admiration for one's child
3. Mothers as role models

Motherhood becomes you

1. Finding their voice
2. Talking about their struggle
3. Looking after one's self

Selfcare as a way of owning my journey