



MAPPING
YOUR

Mind & Heart



About Us

Mayah's Legacy is a UK-based charity committed to raising awareness about perinatal mental health. Our focus is on advocating for maternity and post-natal care that is safe, holistic, person-centred, and equitable. We actively encourage self-education, self-advocacy, and the provision of compassionate support for families navigating the challenging experience of pregnancy loss.

A self-empowerment approach is used to help people to move beyond their feelings of helplessness and to understand that their voice and experience matters. Care provision is not a one-sided process.

The best way to provide clinical care is for a woman or family to actively participate in their journey, and for this to happen, self-confidence is needed.

Mayah's Legacy empowers families by providing them with tools to make decisions about their treatment and care, as well as to explore a holistic approach to their wellbeing. The objective is to help families to regain their confidence, contribute meaningfully to decisions affecting them and to receive compassionate care.

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Stress can impact each of us in unique ways. For some, it leads to insomnia or changes in eating habits, causing them to eat more or less than usual. Others may experience physical symptoms such as stomach-aches or headaches. Generally, we can agree that stress diminishes our mental clarity compared to when we feel relaxed. Additionally, people cope with stress in various ways, such as journaling or engaging in grounding activities like yoga or meditation classes, mapping your heart.

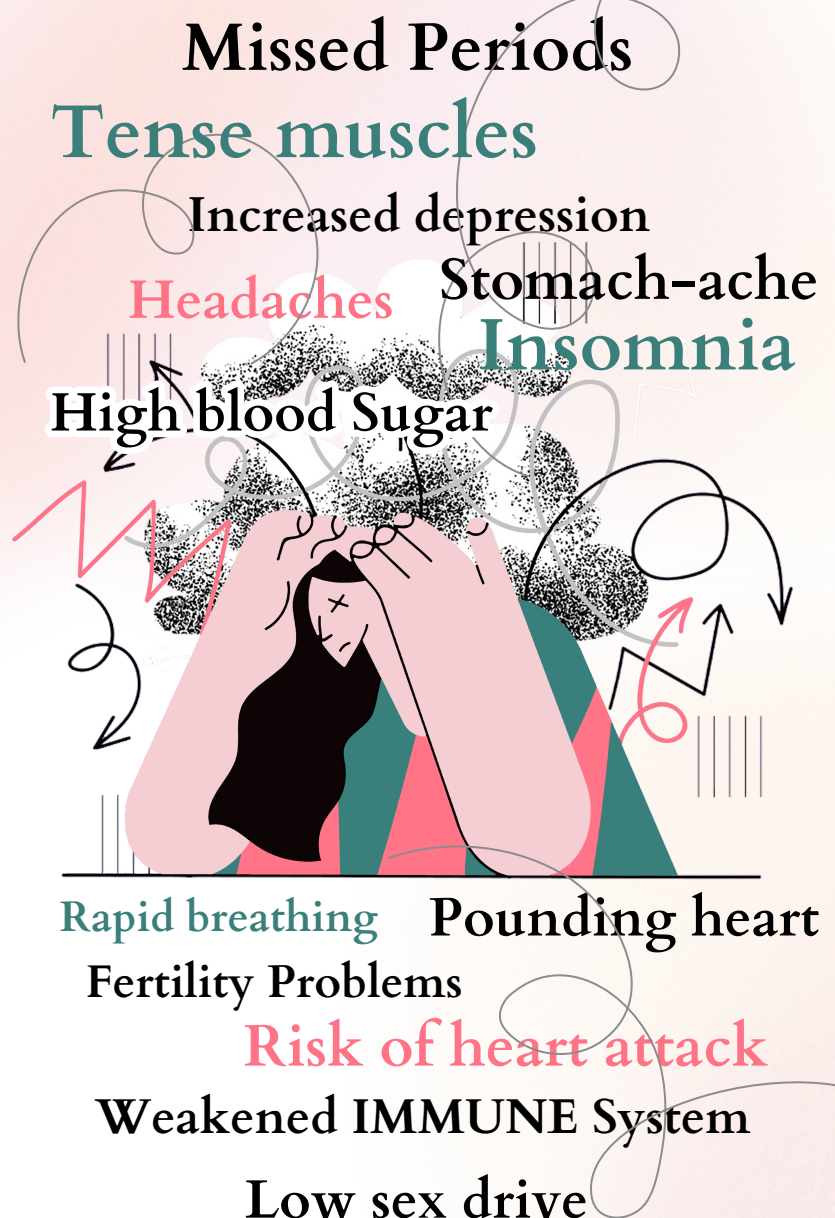
THE EFFECTS OF STRESS ON YOUR BODY

Stress triggers the body's fight-or-flight response. Chronic stress can cause

Negative Health Effects

on your mood, immune and digestive systems, and cardiovascular health.

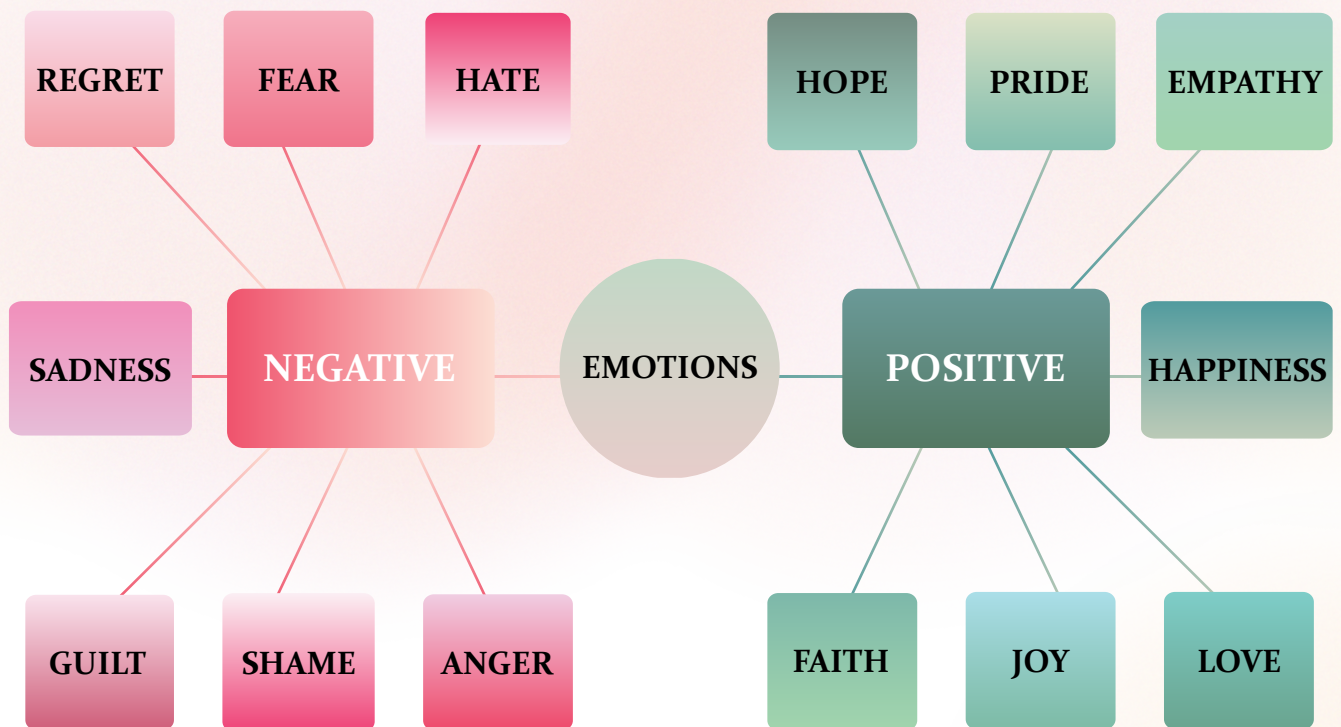
You're sitting in traffic, late for an important meeting, watching the minutes tick away. Your hypothalamus, a tiny control tower in your brain, decides to send out the order: Send in the stress hormones! These stress hormones are the same ones that trigger your body's "fight or flight" response. Your heart races, your breath quickens, and your muscles ready for action. This response was designed to protect your body in an emergency by preparing you to react quickly. But when the stress response keeps firing, day after day, it could put your health at serious risk.



MAPPING YOUR MIND (AND HEART)

Mind mapping, also known as "doing a brain dump," is a visual method for recording the thoughts and emotions in our head (or heart). It's more than just a list; it illustrates the connections between various ideas or feelings. The process begins with writing a word or phrase in the center of a sheet of paper, representing the main topic. This word or phrase is circled. Next, you write down a related idea or feeling near the central circle, circle it as well, and draw a line connecting it to the central topic.

It gets messy. That's ok. There are really no rules in mind mapping; the point is to get the stuff out of your head and heart. There are no grades, and neatness doesn't count.





BENEFITS OF *Mind Mapping*

Why is a mind map helpful?

There are three big reasons why I find mind maps helpful:



1 IT CREATES SPACE FOR DEEPER THINKING.

Our cognitive capacity to hold information is limited, allowing only a few items to be **retained in our mind** at any given time. For instance, when we have three items on our grocery list, we might manage without a written reminder. However, if the list expands to include 5-6 or more items, relying solely on memory becomes a precarious endeavour. This is where the mind map steps in.

By enabling us to externalize and organize the initial 3-5 thoughts in our mind, it liberates our mental space for deeper exploration. No longer constrained by cycling through a handful of thoughts, we can now venture down various pathways, generating new ideas, forging connections, and uncovering underlying emotions triggered by those thoughts.

2 IT CREATES NEW IDEAS OR PERSPECTIVES.

The freedom to allow our minds to roam and follow thoughts and ideas as they arise, without imposing judgment, expands our capacity for broader and more creative thinking. Visualizing and mapping these ideas, along with creating connections between them, nourishes our creative faculties. Even in situations where novel ideas may not be a primary requirement, such as when simply outlining tasks for an action plan, employing a mind map often grants us a fresh perspective, instilling a sense of



"Yes. This is achievable!"



3 IT BRINGS CLARITY.

Consistently, when we gather all my scattered thoughts and emotions and dump them within bubbles and lines, from that apparent chaos emerges a remarkable clarity. This newfound clarity may manifest in various forms. It could illuminate the next practical steps required to initiate or progress a project. It might reveal what truly holds significance to us or what is truly bothering us. Alternatively, it could present a clear path to address a particular challenge. Regardless of the subject at hand, delving into the mess unflinching yields insights to guide us forward.

STRESS MANAGEMENT TIPS WHILE IN RECOVERY

EAT HEALTHY

**SOCIALIZE
POSITIVELY**

**BREATH
DEEPLY**

**EXERCISE
ACTIVELY**



HOW TO MAKE A

Mind Map



1

Grab either a blank piece of paper turned horizontally or opt for mind-mapping software.

3

Add branches to this main concept with keywords or short phrases to begin organizing your thoughts. Don't worry about if you're doing it right — you can use it as a loose brainstorming tool or create your own set structure.

2

Start with a central thought, idea, or problem to solve — this will be your starting point.

4

Explore your starting point by continuing to add subtopics in their own unique branches connected to their related topics.

HOW MIND MAPPING CAN HELP RELIEVE STRESS

While a mind map can be used for many different purposes, it's great at allowing you to consolidate your thoughts, create connections between things you may have missed otherwise, and declutter your brain, all of which can help to alleviate stress. If you have a problem weighing on you, creating a mind map can help you freely explore your thoughts and emotions without the overwhelm that can come with keeping things inside the walls of your mind.



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