

Care Web Worksheet for Doulas

This exercise is a tool for birthworkers to map out the people, practices, and resources that support their emotional, physical, spiritual, and professional wellbeing. Use it during your training, after a difficult birth, or anytime you need to reconnect with your own support system. Your care web is a living resource—something to return to, revise, and grow.

Needs:

Name, contact info, and how they support me

What helps me come back to myself after holding heavy things?

Who helps me regulate?

Who do I trust to remind me of my values?

What do I need after a hard birth or client interaction?

Care Web Worksheet for Doulas

Needs:

Name, contact info, and how they support me

Who grounds me when I start to spiral?

How do I know when I need to step away, rest, or ask for help?

Who supports me unconditionally?

Who do I turn to for practical help (rides, meals, childcare)?

Care Web Worksheet for Doulas

Needs:

Name, contact info, and how they support me

Who offers me mentorship or peer support?

What spiritual, cultural, or grounding practices support me?

What spaces or people help me feel seen and heard?

What do I need to feel safe and resourced when I'm depleted?