

15 Weird (But Actually Helpful) Things I Did During the Two-Week Wait





Welcome to this gentle guide. If you're in the two-week wait, I see you. It can feel uncertain, disorienting, even lonely.

These 15 ideas helped me stay grounded, not to fix the wait, but to soften it. Take what you need. Let the rest go.

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How to use this guide

This isn't a to-do list. You don't need to do all 15 things.

Try one. Try five. Try none.

This guide is here to help you reconnect with your body and soften the noise.

Read slowly. Return often. Be kind to yourself.

Questions?

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The two-week wait can feel like a
rollercoaster inside a fog.
This time is emotionally intense, physically
quiet, and full of unknowns.
Here's what helped me feel just a little
more rooted.



Made a “Don’t Google” Jar

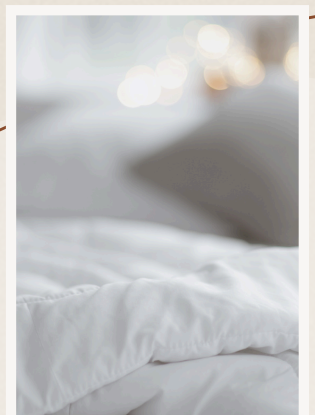
Every time I felt the urge to Google symptoms, I added \$1 to a jar instead. At the end of the wait, I used it to treat myself. Proof that I can redirect anxiety into small acts of care.



Practiced Stillness with a Weighted Blanket

Instead of pushing myself to meditate or stretch, I just laid still under a weighted blanket.

No music. No agenda. Just breath, pressure, and the reminder that rest is enough.





SET A TIMER FOR SPIRALING



If I needed to cry or worry, I gave myself 10 minutes on a timer. Then I moved on whether through journaling, walking, or shaking it off.

Took Photos of Beautiful Ordinary Moments

The way my tea steamed. The way light
hit the table.

Beauty reminded me that life was still
happening, even while I was waiting.

Stared at Trees for 5 Minutes a Day

Just sat and looked at something still and
alive. It anchored me when I felt like I was
spinning out in my thoughts.



Created a Nighttime Wind- Down Ritual

Same blanket, same scent, same tea.

It trained my nervous system to feel safe
and stable at bedtime when anxiety tends
to spike.



Rehearsed My Response to a Negative Test

Not in a dramatic way just as a
way to hold space for myself.

I'd say, "This sucks. I'm allowed
to grieve. And I'm still worthy of
love."





Danced in My Living Room with My Eyes Closed

No choreography. Just music and movement. It helped me process emotions that didn't have words yet.



Made a TWW Snack Tray

A literal tray with cozy snacks and herbal tea.

It made my body feel nourished and cared for, which softened the emotional spikes.



STOPPED PRETENDING I DIDN'T WANT IT

I let myself hope. I stopped trying to detach as a protection strategy. I made space for both hope and heartbreak.

I PRACTICED "REVERSE GRATITUDE"

Instead of listing what I was grateful for, I wrote down what I wasn't feeling... like "I don't feel peace today" or "I don't feel certain." Then I met each one with compassion. Gratitude didn't always feel accessible, but honesty did.



Wrote Love Notes to My Future Baby

I never read them back. I just let the love flow through my pen so my longing had somewhere safe to go.

I gave my worry a name and talked to it

I called my anxious voice "Spiral Sarah." When she showed up, I'd say, "Hi Sarah. You're loud today." Naming it helped me stop identifying with it and gave me just enough distance to not believe everything she said.





I WORE ONE SPECIFIC COZY OUTFIT LIKE IT WAS ARMOR

I had this one cardigan that made me feel held. I wore it often during the wait not for superstition, but because ritualizing comfort gave my body something predictable when everything else felt uncertain.

I SET ALARMS JUST TO BREATHE

I created random “breathe” alarms throughout the day. Not to do anything just to stop, place my hand on my chest, and take 3 long breaths. That’s it. Sometimes I ignored them. But other times, it was exactly what I needed to come back to myself.

No matter the outcome, your care for yourself
matters.

You are not alone. You are enough.

Thank you for holding space for yourself.

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Instagram: @tranquillotusyoga

You're welcome here.

