

BEREAVEMENT



MEEGAN
STEPHENS

LOVINGLY HERE. FOR YOU

DOULA // NATUROPATH //
HERBALIST

HOLDING SPACE

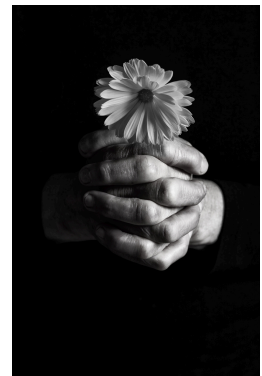
This time is one of the hardest times you will have to navigate through. From the deepest part of my heart, I offer my sincere condolences.

I am here, to hold space for you to navigate your grief in a real way. Whether this be a walk in nature, a cup of tea, a deep hug or a shoulder to cry on.

As a doula and/or postpartum doula I am here with open arms to make this time as sacred and comforting for YOU as I am able to. There are no limits to how I can hold space, so please reach out and let yourself be held.

Blessings,

Meegs x



GRIEF

Parents health and wellbeing

You are moving through one of the most difficult times of your life. No words will take away your pain or bring your angel baby back to your arms.

Looking after yourself during this time is important. I hope you find this helpful and practical.

Physical-

- Ensure you are eating nutritious meals with plenty of colourful and vibrant foods; good quality proteins; whole grain carbohydrates; healthy fats and of course mumma cacao!!
- Stay hydrated! Lots of water, hydrolytes, herbal tea
- Gentle but steady exercise: like walking in nature, yoga or gentle stretching, swimming.
- Vitamin D- enjoy some sunshine everyday

Mental-

- Find yourself a supportive therapist to hold space for your needs
- Notice how you are feeling each day and allow yourself time and space to navigate these feelings
- Share your rollercoaster with your partner/doula/family/support team
- Reach out to support groups if you need external and extra assistance - see below for a detailed list of support ground in your area
- Keep a journal of your triggers, emotions, feelings

Spiritual-

- Create time to honour your baby - with ritual and sacred space
- Follow and let yourself be guided by your intuition of what serves you best in this time
- Find support in energy healings or clearings
- Connect with yourself with specific (and guided) breathwork

Emotional-

- Find yourself time and space for a birth trauma release / debrief with a specialised practitioner
 - Journal your feelings, emotions and fears
 - Note down anything to be processed with your doula or health care provider (fear release, questions, wounds etc)
 - Do an emotional scan of your body each day from head to toe
 - Share your thoughts and feelings with your partner, doula, family or support person to share the load.
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*Friends and Family
Wellbeing*

Try to remember you are not alone, you have a group of people that would love to be here for you and offer support and help in any way.

Here are some ways you could ask for help:

- Nutritious meals for yourself and your family
- Help hands with care for other children - such as lifts, daycare, playdates, rest time and so on
- Allow them to take you out for a walk or a cuppa in the sun
- Allow them to assist you with household duties like cleaning, groceries, driving and so on.

CONSIDER

<p><i>Bereavement support</i></p>	<p>Local:</p> <ul style="list-style-type: none"> • Dr Leah Zvirdinas birth debrief and educator: https://www.leahjayne.com.au • Port Macquarie counselling: http://www.portmacquariecounselling.com/griefcounselling.html • Myself! Allow me to hold space in a sacred way through ritual, drumming and clearing for you: https://honora.com.au • Port Macquarie Bereavement group: https://solacegriefsupport.org.au <p>Online Support:</p> <ul style="list-style-type: none"> • Sands support: Miscarriage, stillborn or infant death support 🌐 SANDS - MISCARRIAGE STILLBIRTH NEWBORN DEATH SUPPORT • Association for loss and grief https://nalag.org.au • Brochure for Compassionate friends group: https://static1.squarespace.com/static/607f7af8f65a1555172f673e/t/642bba5712fc826f81c4dd76/1680587355842/TCF+BROCHURE_Supporting+Parents+2023.pdf • Stillbirth support network: 🌐 Stillbirth support services - Stillbirth Foundation Australia • Bears of hope, pregnancy loss: 🌐 Home • Grief resources: 🌐 Grief Resources • Support group: https://www.facebook.com/profile.php?id=100069082179291 // 🌐 Healing Hearts Pregnancy & Infant Loss Support Group
<p><i>Remembrance</i></p>	<p>Some thoughtful resources to aid with remembrance for your loved one</p> <ul style="list-style-type: none"> • https://www.heartfelt.org.au • https://theseashoreofremembrance.blogspot.com/2011/05/about.html • https://sendinghugs.com.au
<p><i>Connection</i></p>	<p>At this difficult time, always remember to lean into your support network.</p> <p>Your community wants to support you and often doesn't know how; lean in and ask for help or support.</p> <p>Starting close - with your closest family and friends and then if you feel open to it - accepting help from your broader community.</p>

BIRTH YOUR WAY

Details:

Holistic Doula // Naturopath // Herbalist // Shamanic Space holder

Please reach out for more details and in depth support and love.

Meegan Stephens

0424032990

meeganstephensnd@gmail.com

