

SELF CARE TIPS

Grief, trauma, and stress can affect your sleep, appetite, and desire to take care of yourself. But, this is one of the most important times to practice self-care.



Sleep

- Rest as much as your body and mind need.
- Get as close to 8 hours of sleep as possible.
 - Keep the bedroom cool and dark.
 - A sound machine can be helpful.
 - Limit caffeinated drinks, nicotine, and other stimulants, especially after 2PM.
 - Abstain from alcohol too close to bedtime (or at all).



Nutrition & Hydration

- Grief and trauma can affect your appetite.
- Try not to skip meals.
 - Drink plenty of water.



Nurture Yourself

- Try some of these nurturing activities that can be done in less than 5 minutes:
- Stretch, take a walk
 - Doodle
 - Journal
 - Pray
 - Make a cup of tea
 - Connect with a loved one

Wanting to numb by scrolling on your phone is normal. However, it will usually make you feel worse. Try- re-watching your favorite movies or tv shows instead.



Nature & Movement

- Get some sunlight by sitting outside or by a window for a few minutes each day.
- As soon as you are cleared by your medical provider, take walks and move your body.

* FREE ONLINE RESOURCES

Postpartum Support International Support Groups:
postpartum.net/get-help/loss-grief-in-pregnancy-postpartum/

If you want help connecting to a therapist through PSI,
please call or text 800-944-4773

March of Dimes:
marchofdimes.org/find-support/topics/miscarriage-loss-and-grief

Unite Support Groups and resources:
unitegriefsupport.org

If you want to speak to someone immediately, please call or text the National Maternal Mental Health Hotline at 1-833-852-6262 (USA only).

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SUPPORTING YOU THROUGH MISCARRIAGE



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WHAT YOU NEED TO KNOW

Complex Emotions & Grief

All of the emotions you are feeling are normal.

You may feel:

- Sadness
- Rage
- Isolation

Grief hurts. No one can tell you what you're supposed to be feeling or for how long. Have patience and grace for yourself.

Many people who have miscarriages blame themselves. **It is not your fault. You are not to blame, and you are not alone.**

Let yourself feel whatever comes up and please, let yourself cry. When we try to bottle up our emotions, it just makes them get bigger.



Ask for Support

Ask for what you need from loved ones. They may not know what to say or how to support you.

If you want to talk, but don't want to hear advice, ask a friend if you can just vent.

If you feel stressed and tired, ask a friend to run errands for you. If you feel alone, ask a loved one to come over and just keep you company.

If you feel you need alone time but you want to know that people care, you can say: *It really helps me when you reach out and check in on me.*

Support Groups and Therapy can be helpful.

You Deserve Care, Support, & Love

Pregnancy loss can make you feel more alone than other kinds of loss. It can be hard to talk about with others for many reasons.

It is important to know that about 15% of all pregnancies end in miscarriage, so connecting with other people who have experienced a miscarriage can be extremely helpful.

You have done nothing wrong. **This is not your fault.**

You deserve to be supported by loved ones, healthcare professionals, and your community. Seek out support from people in your life who can listen and care for you with empathy and without judgment.



When to Seek Professional Support

Pregnancy loss can be unbearable and can cause traumatic grief.

You may have flashbacks, nightmares, or trouble focusing at work or school. Sometimes it can also make it harder to get along with friends, family, or co-workers. If this is the case, mental health care may help or be necessary.

Please seek the help of a professional right away if:

- You are using substances or self-injuring behaviors to escape painful reminders.
- You are having suicidal thoughts.



TIPS FOR FINDING SOLACE AND CARE

It is okay to cancel plans that make you feel worse- like attending a baby shower. It is okay to make up an excuse. This does not make you selfish. It does not make you a bad family member or friend.

YOU ARE IN EMOTIONAL PAIN, and it is ok to say no when you need to.

- Know that being around a pregnant person or a baby can be very triggering after a miscarriage.
- Spend time with people who make you feel like you can be yourself and who are caring and compassionate.
- Reach out to safe, non-judgmental people with whom you can be honest. It takes courage to do this. It will help. If you do not have someone like this in your life, then please reach out to a licensed mental health professional or consider joining a support group.
- Seek out people who can be patient and sit with you in your grief.
- Write your own list of what is nurturing to you and do those things as often as you can.

Examples of nurturing things you can do in under 5 minutes:

- Listen to music that lifts you up
- Draw
- Pray
- Walk around the block
- Make a cup of tea

