

# SELF-CARE AFTER A MISCARRIAGE

## SLOW DOWN

Grief naturally forces us to slow down, give yourself permission to do less without any guilt. Take time off work. This is your time to mourn and heal, both physically and emotionally.

## LEARN HOW TO SAY NO

Tune in to your emotional capacity - most likely it's saying "low battery" and it's ok to start saying 'NO'. Cancel plans without needing to justify yourself, don't take on that project at work, don't attend a baby shower.

## JOURNAL

So many emotions, thoughts, and fears arise after miscarriage. Many women find writing it down to be a helpful activity, get it out of your head/heart and onto the page. When you're ready (maybe months or years later) you can re-read your journal or do a symbolic burning.

## CONFIDE IN OTHERS

Miscarriage can be a lonely road. Reach out to trusted friends, maybe they've experienced something similar. Or join a miscarriage support group (in-person or online). Make sure you tell your partner how you're feeling. Don't do this alone.

## GET OUT OF TOWN

Many people take an impromptu trip after a pregnancy loss. It's a way to detach from the overwhelm of what's happening. It doesn't need to be a big trip, just a quick getaway to a neighbouring town can be enough for a mental/emotional break from "real life".

## MOVEMENT

There's been a trauma to the physical body and our instinct is to curl up and protect ourselves. This is natural and necessary. When you're feeling more ready, start to bring gentle movement back in, like walking or yoga. This helps move stagnant energy and emotions through us.

## SEE A THERAPIST

There are many layers of loss with a miscarriage. Many find talking through their grief, and processing the trauma of the loss, to be supportive for their healing journey.

## MEMENTOS

You may have gathered mementos during your pregnancy journey like a pregnancy test or ultrasound photo. Put together a box with any special memories from this pregnancy, you can visit this when you're ready. There's no wrong way to mourn and honour - do what feels right.