

10 Tips for Coping after Miscarriage:

- Miscarriage is not only a physical event, it is an emotional event. You have lost a baby, but your body is continuing to go through changes as it adjusts back to pre-pregnancy state. Those changes include feeling tired, feeling pain, bleeding, lactating; it's almost like your body is in a state of flux. It can take several weeks for that state of flux to end.
- Take care of yourself physically, mentally, and emotionally. Pay attention and take seriously how you feel in all those areas.
- You are stronger than you think. Take your time getting better physically and mentally.
- Maintain proper nutrition. If you are not sure what proper nutrition is, seek the assistance of a nutritionist. Some health plans include nutrition assistance.
- Do not take how you feel lightly. Pay attention to your thoughts and to what may trigger you.
- Heal at your pace, and not the pace of others. Everyone is different.

- There will be people who will not know what to say, so they may say silly things like ‘you can try again’. People generally mean well, and genuinely want to help. Don’t take it personally. Concentrate on getting better.
- Find a support group that you resonate with, and that resonates with you. There are many support groups out there, but some may not have the right message for you. It is OK to search until you find what you are looking for.
- Do not alienate your husband when you know he is trying. Even if he says silly things. He means well.
- Do not make decisions from a place of emotion. Wait until your mind is clear.
- Trust yourself.

Visit these websites for further research: (these links and more information is also available in the show notes of Episode 60—Miscarriage)

<https://www.verywell.com/making-sense-of-miscarriage-statistics-2371721>

<https://search.cdc.gov/search?query=miscarriage&utf8=%E2%9C%93&affiliate=cdc-main>

These podcast episodes may help as you navigate through miscarriage:

<http://childlessnotbychoice.net/mental-health-in-the-childless-not-by-choice-community-my-interview-with-psychologist-dr-shari-ann-james/>

<http://childlessnotbychoice.net/menopause-infertility-childlessness-my-interview-with-dr-emine-cay-masters/>

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Podcast: Childless not by Choice

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August/September 2017