

# Miscarriage Support Guide



## [How to help yourself or someone you know who has suffered from a miscarriage](#)

Pregnancy loss affects each woman and their partner differently. What you have experienced and how you feel about your loss may not be the same for someone else who has also experienced pregnancy loss. Therefore, grief following a miscarriage is a unique process to you. This guide has been designed to help support you or a loved one through a very difficult time. I do hope you find some of the suggestions helpful.

## How to Help Yourself

### Mental Health and Wellbeing:

Please know that healing from the loss of a pregnancy takes time. Everything has changed in an instant, unexpectedly, and can leave you feeling shocked, stunned, angry, upset and depressed or a combination of these feelings which can change day by day, hour by hour – and that's ok. What may make it more difficult is the “what if” and “why?” questions you have asked - but you still don't have any clear answers. Give yourself time to work through your feelings.

### Suggestions:

- Plan a weekend away with your partner or friends
- Listen to Ted talks about grief and loss – they are helpful when it feels as though you are only one feeling the way you are feeling
- Sign up to a new community education class e.g. learn a language or hunt down free webinars or online courses which are of interest to you
- Write your feelings in a journal
- Set goals for other aspects of your life – start with small, achievable goals
- Meditation/Relaxation – download music and take 10-15 minutes daily to do nothing but concentrate on doing nothing...but to just breathe.....
- Reach out to your friends or family if they are able to offer support
- Join a Miscarriage Support Facebook group. This enables you to discuss your feelings in a safe place with those who are going through/have gone through their own grief – they may have suggestions which you may find helpful
- Seek the support of a trained counsellor, psychotherapist or psychologist

### Emotional/Spiritual:

This has often been described to me as the most difficult aspect of healing from loss. Why it has happened to you is hard to understand. You may question the reason or meaning of your loss.

- Have a funeral/service for your baby if this feels appropriate
- Commemorate your child – plant a tree in memorial or have a keepsake made
- Prayer or your own spiritual/religious practices

## Physical Health and Wellbeing:

- Rest. Where you can and when you can
- Long walks, running, yoga – don't stop your regular exercise, in fact try to make sure you make it more frequent e.g. daily. The power of exercise and movement is a critical factor for our physical wellbeing (as is our mental wellbeing)
- Nutritious Eating – Don't reach for the junk food! Eat as well as you can, when you can (although you may not have much of an appetite). Think soups, smoothies, roast vege salads, fresh fruit, herbal teas. Go easy on the wine, coffee and chocolate
- Supplements – A good complex Vitamin B is useful to take in times of stress and helps assist with healthy moods, energy levels, tiredness and irritability. Check your iron levels – you may be depleted. Magnesium (citrate) is an excellent mineral supplement to consider. Useful for muscle cramps and nervous tension, magnesium is also helpful for supporting restful sleep (very good if you aren't sleeping well).

## HOW TO HELP A FRIEND, FAMILY MEMBER OR LOVED ONE WHO HAS MISCARRIED

*If you don't know what to say or do, then say exactly this, and let them know that you are there for them. You want to be there to support them. There is no shame in admitting you don't know what to do. It is more important that they know you care. Be honest in admitting that you don't know how to behave in this situation. They just want to know they have your support.*

- Send a condolence card, flowers, gift voucher for massage/facial (if this is something you know they like)
- Cook them a few meals that they can put in the freezer. Bake them cookies or a slice/cake
- Gift voucher for a restaurant, café, coffee card, movies
- Offer to come over and bring a meal, wine and dessert
- Arrange for them to go out for the day and clean their house, do their laundry, mow lawns
- If there are any children - offer to take care of them for the day – (take them to the park, beach, movies)
- Check in with them regularly (call, text, video call)
- Be a listening, non-judgmental ear

#### Professional Support Services:

- ❖ Mental Health Foundation NZ - <https://www.mentalhealth.org.nz/>
- ❖ Mental Health NZ - <https://www.healthcarenz.co.nz/mental-health-nz/>
- ❖ Miscarriage Support NZ - <https://www.miscarriagesupport.org.nz/>
- ❖ Hearts and Minds - <https://heartsandminds.org.nz/directory-of-support-services/item/97-miscarriage-support-auckland-inc>
- ❖ SANDS - <http://www.sands.org.nz/>
- ❖ Baby Loss NZ - <http://www.babyloss.co.nz/>

#### *Disclaimer:*

*The information contained in this guide is not intended nor implied to be a substitute for professional medical advice, it is provided for educational purposes only. Always seek the advice of your physician or other qualified healthcare provider regarding any concerns you may have. Nothing contained in this guide is intended to be used for medical diagnosis or treatment.*