

miscarriage Survival guide

PROTECTING YOUR HEART





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There are many times throughout the year that can be difficult to face if you have recently miscarried, are experiencing recurrent miscarriage, or are struggling with infertility. Christmas, Mother's Day, Father's Day, the due date of your baby or the anniversary of your loss, are all times that are fraught with emotion as you are faced with celebrations and joy that tend to serve as a cruel reminder of the longed-for babies that are not with you.

While the traditional celebrations of Christmas, Mother's Day and Father's Day are certainly also about our own families and parents, they are especially hard because the societal and media focus is so much around children. Pregnancy and birth announcements, baby showers and first birthdays all tend to hit us straight in the heart and while we are of course happy for our friends or loved ones, our sense of loss becomes even more acute.

For the most part, 'special days' are a representation of what we don't have or what we have lost. They can also mark a year since the last time we felt this way...a year since we hoped and prayed and wished that THIS year would be the year we would fall pregnant. You may recently have been pregnant and this Christmas/Easter/Mother's Day/Father's Day would have been the first with your new baby.

PROTECTING YOUR HEART

Here are some tips that will hopefully make it a little easier for you to get through the difficult days or times of year with your emotional well-being (for the most part), still intact.

7 PROTECTION TIPS

IT'S OK TO SAY NO

Continually having to put on a brave face and force a smile is not only emotionally draining, it can leave you feeling even more miserable. If you think a particular occasion is going to cause you more stress than enjoyment, don't be afraid to politely decline the invitation. If attendance is unavoidable (eg Christmas lunch or a family celebration), then perhaps arriving late and leaving early could be a good compromise.

BE PREPARED

Special occasions/days are often a time for pregnancy announcements, which can be a shock and leave you feeling like you've been kicked in the stomach. There will be a lot of excitement around the announcement, and it is perfectly ok if you need to escape to the bathroom and have a little cry or compose yourself before offering your congratulations.

Celebrations involving family can also tend to evoke questions about when you're going to have a baby. Try to have a standard reply ready to go like, 'We'll be sure to let you know when we have news to share,' and then politely excuse yourself.

DISCONNECT FROM SOCIAL MEDIA

Social media feeds can tend to be filled with other people's babies and children, pregnancy announcements and ultrasound pictures abound and a simple scroll through recent posts can very easily turn into an emotional disaster. If you are going through an emotional time, it is a good idea to take a self-imposed break from social media. Not only will it protect you emotionally, unplugging occasionally is also good for the soul.

TREAT YOURSELF

During difficult or challenging times, it's important to take time for yourself. Go for a long walk, have a relaxing bath, book a pedicure, have a massage, read a whole book in one weekend or binge on your favourite Netflix series. Whatever it is that you love to do that gives you a sense of peace and nurturing, make sure you allocate the time to do so. Don't forget to include your favourite comfort food too.

Know that you
are not alone.

You can also reach out to us on Facebook or follow us on Instagram.
Our online communities are a safe haven of understanding and support.

LET YOURSELF FEEL

Rather than berating yourself for feeling sad/angry/jealous/hopeless/bitter, know that they are all normal reactions to what you're going through. It doesn't make you a bad or horrible person AT ALL. Just acknowledge them, feel them, cry if you need to, and know that you won't feel like this forever. If you're worried that you're not coping, speak to your partner, a close friend, an online support group or see your doctor. You may find our Emotional Wellbeing Resource and It's OK brochure of help.



*Find a selection of
downloadable
resources online*



GO ON HOLIDAYS

If you've had a particularly hard year and just can't face the festive season and all it entails or an upcoming occasion that know is going to be trying, why not go away with your husband/partner and avoid it altogether. It doesn't have to be anything extravagant, but aside from saving yourself the grief of facing the celebrations at home, it could be beneficial for the two of you to have some time together to relax and reconnect.

DON'T BE AFRAID TO HOPE

Lastly, it's ok to let yourself hope that next year, things may be different. It will not necessarily change the outcome for you, but it's that little spark of hope within our hearts that helps us to keep going even when we don't know if we can.