

A BROKEN MAMA'S
GUIDE TO

Miscarriage



BROKEN

I have been through 4 miscarriages myself, so I know you are feeling broken. I know you feel as though your heart will very literally and physically break in two. Having a miscarriage is incredibly, incredibly difficult. You will feel more sadness than you ever thought was possible. From one heart broken mama to another, I want you to:

- Allow yourself to grieve.
- Allow yourself time to break.
- Allow yourself the space to hurt.
- Allow yourself the space to mourn your loss.

Also, know that you will go through a roller coaster of emotions. It is normal and let yourself feel it. From my experience I know I have felt all the following and everything in between:

- * Numb
- * Shock and disbelief
- * Anger
- * Guilt
- * Sadness
- * Depression
- * Lack of focus

That's not all. I have also had times when all I could do was sleep. I just had no energy to take a shower, eat or anything else. You could also go the opposite way and have trouble sleeping and cry all the time and lose your appetite. All of this is perfectly normal and part of the process. So don't feel like it is just you or that you are alone. You are not alone. Unfortunately, there are millions of us that know what you are going through.

To ease your mind a little, know that there are 3 steps to your grieving process.

3 STEPS TO YOUR GRIEVING PROCESS

Step 1: Shock

You will wonder, “Is this really happening?”. You will wonder “What the heck went wrong?” Especially, if you have had an ultrasound prior to the loss, where you saw the flicker of a heartbeat and then now a week or a couple weeks later you are being told that you have lost your baby. Disbelief is perfectly normal when you first find out.

Step 2: Anger. Guilt and Depression

They may not necessarily happen in that order, but at some point they will hit. You will wonder what you did wrong. Did you not take care of yourself enough?

And you will get angry.

Angry at the situation.

Angry at God.

Angry at yourself.

Angry at the injustice of it.

Angry at what you have lost.

Angry at the future lost.

You will feel sad. You have every right to be sad. You have lost your baby. You have lost a part of yourself. Depression will happen, the key is just not to let yourself get stuck in it. Feel it. Process it.

Work through it until you get to step 3.

3 STEPS TO YOUR GRIEVING PROCESS

Step 3: Acceptance

At the beginning, when you first find out, it feels like you will never heal. It feels like the pain will never end. Trust me on this. I know with 100% certainty that a day will come when you finally accept it. You will never forget and your heart will always have an ache, but you will come to terms with what has happened and you will find a way to move forward.

There is no set time frame for each step, so don't think that you are on the clock. Also each step takes longer than the one before it. Step 2 lasts the longest. You may not anticipate all your triggers and things will come up. Don't be hard on yourself. When something triggers you, you will have a set back. I get it. There is nothing wrong with it. When you take a step back, stop, feel it, process and work through it.

It gets better. I PROMISE!

HOW DO YOU SURVIVE?

Don't isolate yourself!

Lean on your husband. Lean on family. Lean on friends. You don't have to tell the whole village your business, but surround yourself with people that love you and support you. People on whose shoulder you can cry. People that can give you a safe space to break and then pick up the pieces.

You will need some counseling.

On your own and with your husband too. It can be through your church or through a local agency or join a support group. It is important to surround yourself with hope, help and support from others that have been through or are going through what you are going through.

Give yourself time!

Again there is no stop watch running. Your healing will happen in it's time. Don't rush the process and don't compare yourself to anyone else. Everyone will heal in their own way and in their own time. Breathe and just be.

Also understand that your husband/partner may not grieve the way you do.

Men and women grieve differently and that is fine. Women are generally, more expressive than men. Men tend to throw themselves into their work and internalize what they are feeling and going through. Also remember you had the advantage of carrying the baby and so you got to bond with him/her in a way your husband/partner was not able to. So he may not seem as devastated as you are and he may fly through steps 1-3 faster than you do.

HOW DO YOU SURVIVE?

So remember...

- Be respectful of each other. Be sensitive to each other's needs and feelings
- Communicate. Talk about it. Be open with each other about what you are going through. Talk about your thoughts and your emotions. Keep communication open, honest and respectful.
- Understand that you will grieve differently. There is nothing wrong with that. Accept that you will all cope in your own way(s) and that is alright.

HEALING

The truth is that you will never forget. I don't want you to think that healing means that you will forget. On the contrary, healing means that you have accepted what has happened and that you are learning to move on. You will never forget! But life will go on and you will find your happiness again.

As part of the healing process be sure to:

* Ask your doctor whatever questions you have. Ask him what happened and what it means for your health and planning your family in the future. Make notes, ask for your medical records if need be, but get the answers you need, even if it has been weeks or months later.

* Make your own decisions. Decide what to do with your maternity clothes and any baby items in your own time. Figure out what is best for you, despite what well meaning friends and family may say

* Avoid difficult situations. Stay off social media for a few weeks. Don't attend functions that can trigger you like baby showers and christenings. Unsubscribe to pregnancy newsletters. Delete any pregnancy apps on your phone. Whatever you need to do to be good to yourself and protect yourself as you heal.

* Be kind to yourself. Give yourself space and time to heal. Get support from friends and family. Join support groups. Seek out a therapist if need be. Take care of yourself mama.

HEALING

* You will laugh and you will cry. From time to time, you will feel sad. It is very normal. Just don't let yourself get stuck in your sadness. Let yourself be happy. Let yourself enjoy life and the things and the people in it. Do things you enjoy. Laugh at the goofy things your kids do. Binge watch comedians on Netflix. Laughter is indeed great medicine!

* Remember: just because you are laughing and enjoying your life, doesn't mean you are not honoring the memory of your child or that loss.

* Do something to honor your loss. Release balloons each year. Plant a tree in the yard. Frame an ultrasound picture. Create a shadow box or get a necklace or ring with your child's birthstone. Whatever works for you. There is no right or wrong.

Miscarriage is difficult and it is going to take time to heal, so be kind to yourself and give yourself space to grieve and time to heal. For more support feel free to reach out to me at Jasmine@LifesaverCoaching.com - I am real. I have been through it. (At the time I write this, I am going through my 4th miscarriage).

You are not alone!



ADDITIONAL RESOURCES

<http://www.marchofdimes.org/>

<https://www.mend.org/>

<http://www.babyloss.com/>