



26 Ideas to help you

CARE FOR YOURSELF AFTER MISCARRIAGE

- Call your doctor
 - Make sure you don't have complications
 - Take some time off work
 - Go to therapy
 - Do some yoga
 - Sleep in
 - Take a nap
 - Get a massage
 - Take a bath
 - Drink some herbal tea
 - Do something active
 - Call a friend
 - Lean on your hubby or BF
 - Find a community of women who have gone through it
 - Set some goals
 - Buy yourself something nice
 - Eat some dark chocolate
 - Do meditation
 - Watch a good movie
 - Laugh!
- Allow Yourself to grieve
- Write out your feelings
- Eat healthy
- Avoid caffeine
- Avoid alcohol
- Take a walk



I am balanced.
I am healthy.

*Disclaimer: I am not a medical professional and do not offer this as medical advice. This is my own personal experience and I encourage everyone to seek advice from their doctor before making decisions about their health.