



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.