

Tips for Women Experiencing Pregnancy Loss

- Pay attention to your feelings.
- Let go of blame.
- Allow time to grieve.
- Talk to someone you can trust, share your experience.
- Honor your experience.
- Write a letter to yourself – save to read later.
- Embrace your spirituality.
- Write a letter to spirit of lost soul/being.
- Reframe regret – this can be a cornerstone for ongoing life development – this can evolve into a life lesson for making future choice, life goals, family planning, self-care, relationships. Take space to reflect on past decisions and behaviors that don't fit with your personal beliefs and goals.