



Peachie Moms Academy Miscarriage Processing

For some, miscarriage is a difficult loss but not very impactful. For others, it's a devastating experience. There's no wrong way to emotionally process the loss of a pregnancy. This Peachie Moms Academy Activity, is intended for those who are struggling with grief. We hope to bring you some peace through processing all that you're feeling. Know that going through the steps outlined in this activity will bring up a lot of emotions. Don't feel like you should do this alone. If you're feeling especially vulnerable while you move through the steps below, grab your partner or a trusted friend or family member to sit with you and support you through. If there's no one in your life who you feel you can truly trust to walk this path alongside you, come to our [Peachie Moms Facebook](#) page and let us know how we (and the other Peachie Moms there) can help.

Working through grief usually moves in a non-linear process through the TEAR stages. You may feel that you have already moved through some or all of this but know that it's normal to jump around and go back and forth for the rest of your life. The steps below will support you to journey through this process in a safe, holistic way. Go at your own pace and remember to breathe deeply when you feel stuck.

T – To accept the reality of the loss.

E – Experience the pain of the loss.

A – Adjust to your new life without your pregnancy and the child you had hoped for.

R – Reinvent/Reinvest in your new life.

Before you begin, please do something symbolic that feels right to you to honor your pregnancy. Light a candle, say a prayer, take a few deep breaths – whatever helps you to feel ready to move forward in your grief and loss process. Take your time.

Acknowledging and Processing the Past

We know this can be incredibly difficult, but if it feels right consider naming (if you haven't already) the child or children who you lost with your miscarriage. Giving them a name to which you can think of and refer to them gives you the space to grieve the loss of an actual person, someone who meant an incredible amount to you and rightfully so.

Name:

Date of loss:

What do you wish you could have done together in this lifetime (a bulleted list here is fine or a story or several is good too):

Now, if you wish and when you are ready, tell the story of your loss. Start where you feel compelled to begin and stop when you feel as though the story has been told. You can write it all out now or work on pieces as you feel comfortable. Writing your story can be healing. If this feels like too much at this time, move through the steps outlined below and come back here when you're ready.

Honoring Your Pregnancy

You might not be an artist but trust us, you can do this. Paint, sketch, sculpt or collage something in-honor of the child or children you lost. Perhaps you have a photograph you truly love that brings you comfort, consider drawing your own version of it or turning it into a canvas or pillow to hold close.

Ways I'd like to honor my loss:

Honoring Your Pain

When we experience loss, we feel all the painful, uncomfortable, undesirable emotions. Since they are so difficult to feel and process, we often try to minimize them. Fight that urge and let them all out. Mad? Hit something, hard, repeatedly. Sad? Watch the saddest movie on Netflix until you've cried all your tears. Lonely? Call every trusted contact in your phone until you find someone who can come to you and do whatever it is you want to do. Scared? Write down all the things that terrify you in your journal. Feel the pain and know that it's not wrong.

How I want to let my emotions lose:

Mourning for the Future

Take a moment to allow yourself to wonder what your present and future would have been like with this child or children. Write a story about an experience you would have shared here:

Planning for the Future

Read over the story you wrote above. Is it something you could still do with the spirit of your lost one(s) in mind? Could you make it happen in honor of your child(ren)? If so, go for it! If not, move on to the next step below.

Circle One: Yes / Not Yet

Moving Forward

Do something normal. Something that feels mundane or emotionless that doesn't trigger feelings of your loved one(s) who passed. Carry no guilt about doing something simple without a thought of them. Then, plan for something bigger like a vacation, spa day or marathon. Allow yourself the space to imagine this thing, plan for it and then do it without guilt. If you think of them, that's fine, but if you don't, that's great too.

Ways I want to work on moving forward:

Create an Annual Remembrance

If you have a garden, consider planting a flowering bush or plant that will bloom each year, providing you with the reminder that it's okay to remember and grieve for the rest of your life.

My annual remembrance will be:

Remember the Dates that Matter

Mark those important dates related to your pregnancy and loss in your calendar or in your phone and don't think it's weird to pre-order flowers (or chocolates or a box of wine) on whichever day of the year you know will be most difficult for you. This could be the day you found out you were pregnant, the date you experienced your loss, and any day that is symbolic to you.

Date:

Engage in Self-Care

Take care of yourself. Things didn't turn out as you had deeply hoped they would but you owe it to yourself to find the ability to forgive yourself (because you did nothing wrong) and to forgive your body. Get manicures, go to yoga, take a long shower, plan that European vacation. You're worth it.

How I plan to practice self-care:

Whew, you made it! Working through these life events and the emotions that come with them is hard work and we're honored to have played a part in it. Thank you for investing this time and energy in yourself and your journey. If you have any follow up questions or would like more support, please reach out to us via [Facebook](#) or find additional professional support on our [Resources](#) page.