

## Recovery After Miscarriage

[Journaling](#) - Documenting your journey can be therapeutic.

[Yoga](#) - Yoga can benefit the body and mind. There are some lovely Yoga 'After Miscarriage' videos on YouTube that are easy to follow and gentle.

[Support](#) - Speak to your friends and family. Join a support group. Follow Morgan's Wings for updates on support groups in Cardiff.

[Counselling](#) - Counselling can be really helpful but unfortunately the waiting lists are generally quite long. Speak to your employer who may have an employee access scheme.

[Get Outdoors](#) — We know it's probably the last thing that you may feel like doing but being surrounded by nature has been proven to be good for your well-being.

[Healthy Eating](#) — Appropriate nutrition is key to aiding recovery and helping maintain overall health following a miscarriage. Your body will need time to recover and the best way to speed that up is to ensure that you keep well hydrated and aim for a well-balanced diet to provide all the vitamins and minerals you need. If your body lacks vital nutrients, it can affect your energy, mood and brain function. Miscarriage causes blood loss which may increase your risk of anaemia.

[Commemorate Your Baby](#) —  
Miscarriage is unique in that there isn't anything really tangible to remember your baby. There are lots of options to commemorate your baby after miscarriage but the most important thing to remember is to be kind to yourself and do what feels right for you, your baby and your family. Find ideas to commemorate your baby on our website.

## Further Support:

**Morgan's Wings Cardiff** is a not-for-profit group that supports anyone affected by miscarriage. You can find us on Facebook, Instagram and twitter. We offer talk support and group support as well as raising awareness of miscarriage.

Email: [info@morgans-wings.co.uk](mailto:info@morgans-wings.co.uk)

Website: <https://www.morgans-wings.co.uk/>

**The Junction Cardiff** is a non-judgmental counselling service that provides a caring and safe atmosphere for you to talk confidentially to one of their trained advisors.

Address:

166 Richmond Road  
Cardiff, CF24 3BX.

Telephone: 07807 608009

Email: [info@thejunctioncardiff.org](mailto:info@thejunctioncardiff.org)

**Beam Therapy** is a relaxed and confidential service that uses different techniques to enable the fastest and most effective treatment. For more information visit their website: <https://www.beamholistic.co.uk/> therapy.

# Life after Miscarriage



*Supporting Parents  
Through Miscarriage*



## Miscarriage Facts

- Approximately 1 in 4 pregnancies end in miscarriage
- Around 60% of women who have a miscarriage go on to have a healthy pregnancy
- Most miscarriages happen in the first 12 weeks

## Why?

Although it may be hard to accept, it's important to know that there is generally no known answer for why miscarriage happens. In most cases it is not something you or your partner may or may not have done. 85% of miscarriages occur during the first trimester and these are generally caused by chromosomal abnormalities or by issues with the placenta.

Miscarriages during the second trimester are much less common than during the first trimester and may happen as a result of an underlying health issue or cervical weakness.

## What about...

- **Stress?** Whilst it is important to try to be as stress free as possible, being stressed does not cause miscarriage.
- **Lifting heavy objects?** There is a lot of conflicting advice regarding any links to lifting heavy items and miscarriage. It is probably best avoided and it is advisable to seek a risk assessment in the workplace.
- **Sex?** Under normal circumstances sex cannot cause you to miscarry. Your doctor may advise you to refrain from sex if you have unexplained bleeding, a history of cervical weakness or a low lying placenta. Remember if you have any concerns please speak to your GP
- **Exercise?** Avoid contact sport but in general, exercise does not cause miscarriage. Gentle exercise is encouraged.
- **Vaping?** The NHS states "Little research has been conducted into the safety of e-cigarettes in pregnancy, but they're likely to be much less harmful to a pregnant woman and her baby than cigarettes. If you're pregnant, licensed NRT products such as patches and gum are the recommended option to help you stop smoking. But if you find using an e-cigarette helpful for quitting and staying smoke free, it's much safer for you and your baby than continuing to smoke."
- **Aromatherapy oil?** There is a lot of conflicting advice regarding the use of aromatherapy oil during pregnancy. It is probably best to refrain from using any aromatherapy oils during the first trimester and double check with your midwife which ones are suited to use from the second trimester.

## Emotional Pain

It is normal to experience a range of thoughts and emotions following your miscarriage. If you are concerned about your mental health please seek guidance from your GP.

You may feel:

Sadness  
Anger  
Numb  
Preoccupation  
Confusion  
Disbelief  
Guilt  
Anxiety  
Fatigue  
Empty  
Jealous  
Scared  
Heart palpitations  
Headaches

Normal behaviour after miscarriage can include:

Dreams about your baby  
Sleep disturbances  
Withdrawal from social interactions  
Loss or increase in appetite  
Absent mindedness  
Avoidance of certain people (pregnant women and new babies) or situations.

Thoughts can include:

Why me/us/my baby?  
Obsessing over your loss  
It's my fault—What did I do wrong?  
How can they have a baby and not me?  
They don't deserve a baby.