

Maternity Reflexology



MISCARRIAGE

It is estimated that 20-25% of pregnancies end with the loss of the baby through miscarriage for no apparent reason. It can be difficult to accept that there is no certainty as to why the miscarriage happened.

Learning to cope with grief and the feeling of loss. You do not have to be strong or feel guilty about your loss, and it is okay to cry, scream or yell to express what you feel. Many emotions will come and go as time goes on— as you and your partner comes to terms with your loss. There is no right or wrong way of feeling or dealing with the grief of losing a baby and everyone copes in their own way. Over time your grief will change however, the effect of losing a baby will never leave you and you will never forget your baby.

Face your feelings. Grief often happens in stages moving between denial, anger, guilt, depression and acceptance. Understanding that there are many facets when experiencing grief will help you make sense of what feels like a rollercoaster ride of emotions. **Don't rush your grief.** Other people may offer well-meaning advice to help you, but you must follow your instincts and your own sense of timing to get to a point of feeling that you can comfortably deal with your grief.

Understand that women and men deal with miscarriage differently. At times it is normal for both you and your partner to retreat and deal with grief in your own way. Try to use this time to talk opening about how you are both feeling. Don't expect your partner to feel the same way as you do but allow yourself to be honest with your partner about how you feel.

Looking after yourself: Coping strategies

- Remember you are not alone in your grief and getting support from either close friends or family or counselling services can help you make sense of the emotions and the pain you will be feeling. Don't be afraid to ask for help or a sympathetic listener.
- Grief impacts on the body and can cause signs such as sleeplessness, anxiety, a change in eating habits and stomach/intestine upsets. It is important to look after your physical health.
- Relaxation and sleep are really important to help boost your emotional health. Every day take time for yourself with meditation, a walk, having a bath, listening to music- anything that helps you relax. Yoga, massage, reflexology can also help decrease anxiety, tension and stress.
- Physical activity: this can often help release some tension associated with grief and give you a chance to be occupied with an activity that gives you a break from your feelings of grief.
- Memorial: you might like to write a letter to your baby, plant a tree, or put together a album of memories.

How can reflexology benefit women who have experienced a miscarriage?

Reflexology, as a natural therapy, can balance and harmonise the body/mind so that a woman can attain health and wellbeing. Research has shown that reflexology can assist the body by reducing tension, anxiety and stress thereby inducing a relaxed state.

How many sessions are recommended after a miscarriage? It varies with each individual and short weekly reflexology session would be excellent especially in the first few weeks.

Can I do reflexology on myself? On the whole- no. It is time to receive some healing care for you. The reflexologist can show you and your partner some simple techniques to use during the reflexology session which many couples find comforting and loving.

Please feel free to contact me with any questions or concerns. Practitioner Contact Details: