



Pregnancy Loss Reflection & Support Plan

Why make a plan?

Pregnancy loss is a life-altering experience that deserves care, space, and compassion. Whether you've experienced miscarriage, stillbirth, or neonatal loss, your grief is valid and you don't have to go through it alone.

This guide is designed to help you:

- Reflect on your emotional and physical needs
- Identify what support looks like for you
- Prepare for moments that might be especially difficult (anniversaries, reminders)
- Ask for help in ways that feel empowering

1. How am I feeling today?

Grief can look different every day. Take a moment to write down a few words that describe how you feel, physically and emotionally.

Examples:

Angry. Numb, Worried about forgetting

2. What would I say to a friend going through this?

When it's hard to be kind to yourself, think about what you'd say to someone you love. Write a few kind messages for yourself.

Examples:

You're allowed to grieve your way.

You don't have to be okay right now.

Use these pages to create your plan to start healing today. Don't forget to share the completed version with your partner, family, or friends so they can help support you on your new journey!

3. What are some signs that I may be struggling?

Think about what it looks like for you when you're not feeling like yourself.

Examples:

Not wanting to see anyone, intrusive thoughts, feeling numb or overwhelmed, trouble sleeping

4. What has helped me cope in the past?

Everyone grieves differently. What has helped you feel even a little more grounded in the past?

Examples:

Taking a walk, journaling, talking to someone, lighting a candle

5. Who can I reach out to?

Grief can feel isolating. Make a list of 2-3 people who you trust and can reach out to, even if it's just to sit in silence.

6. Are there any dates I want to prepare for?

Anniversaries or other milestones can bring up waves of grief. Is there a day you want to honor or plan for?

