

physical recovery, gently

after a pregnancy ends, the body grieves alongside the heart, and it can feel like a stranger, or even a betrayer. there may be physical recovery to move through at the same time as the deepest sorrow, which is a cruel doubling. this page is not medical advice; it is only a gentle companion. for anything to do with your body's healing, your doctor, clinic, or midwife is the right and caring place to turn.

be tender with your body. it has been through something, and that is not a betrayal of your grief, the two are tangled together, and both deserve care.

GENTLE THINGS TO HOLD IN MIND

let yourself be cared for. rest when you can, eat when you can, let others bring meals and carry the household for a while. you do not have to earn rest right now.

your body may surprise you. there can be physical changes in the days and weeks after a loss that no one warned you of, they can be distressing precisely because they are unexpected. your doctor or midwife can tell you what is normal, and what is worth checking.

ask, rather than wonder. if anything frightens you, about bleeding, pain, milk, or how you feel, please ask a medical professional. you are never 'making a fuss'. you deserve clear, kind answers.

hormones and grief move together. the body's changes can deepen the emotional waves, and the waves are not a sign you are not coping. they are part of the storm passing through.

there is no timeline. physical healing and grief move at their own separate paces, and neither can be hurried. be patient with both, and gentle with yourself for needing time.

let every feeling have room. exhaustion and restlessness, numbness and sudden tears can all live in the same day. your body is doing the hard work of carrying you through.

IF THE DAYS FEEL UNBEARABLE

if you are struggling to carry on, please reach out. you should not have to hold this alone.

SADAG (South African Depression and Anxiety Group): 0800 567 567

Lifeline South Africa: 0861 322 322

be gentle with your body and your grief.

THE ERIN FOUNDATION NPC • HOME FOR GRIEF • SOUTH AFRICA