

How to manage your mental health after a miscarriage

Navigating the emotional aftermath of a miscarriage is a journey that no one prepares you for. The pain of miscarriage is more than just physical—it's a devastating mental and emotional loss. You may wonder if your emotions are "normal," or how long it will be till you feel like yourself again. Here are some tips from Maven experts to help you navigate this challenging time.



There's no one-size-fits-all response

There isn't a blueprint for the emotional aftermath of a miscarriage. You may feel an array of emotions: from anger, to sadness, to grief, and frustration. Let yourself feel the emotions, so you can start to process it.

Healing takes time—sometimes more time than you'd expect

You may be asking yourself, "How long will this last?" It isn't uncommon for feelings to stick around for months and even years. There may be instances that come up that may bubble these emotions to the top again—whether it's getting your period again, seeing a pregnant person, or trying for a baby again.

Seek professional help

Some women go through a form of postpartum depression when they have a miscarriage. Opening up to your doctor is a good first step. You can talk to Maven OB-GYNs and therapists who specialize in pregnancy loss.

Tell your friends what you need

People may try not to bring up your miscarriage out of fear that they'll upset you. If you wish your inner circle would help share your grief, be direct. Remember, unfortunately miscarriage is very common—one in four pregnancies end up in a loss. The more you're open about your experiences, the more you may be helping others as well.

How Maven can help

No matter the type of loss you've experienced or where you are in your journey, Maven is here to support you.

You have free access to:

- Mental Health Providers to help you with the feelings that come with loss
- OB-GYNs to answer questions about pregnancy after miscarriage
- Physical Support Coaches to help with physical pains you're experiencing

Join Maven for free today at
mavenclinic.com/join/loss-support

