



BlueResourceSM – Emotional Wellbeing – Healing After Miscarriage

Nurture Your Mind and Body Following Loss

Nearly 10 percent of pregnancies end in miscarriage. Knowing this fact doesn't make dealing with the aftermath any easier — for you or your partner. Especially when it's difficult to talk about. Here are ways to cope with the loss.

Fend off feelings of guilt. Be kind to yourself and your partner. Avoid “what-if” thinking and accept that there was nothing you could do to prevent the loss of your child.

Give yourself time to grieve. Embrace your emotions. Free yourself from pressure to feel or act a certain way in the weeks and months afterward.

Understand your partner may cope differently. Let them know you can talk about your shared loss, but remember that your grieving styles may not be the same.

Connect with others who share your pain. Find a support group where you can unburden your heart and mind. Talk with your provider or a counselor if feelings of sadness persist.



Take time to work through your feelings after a miscarriage.

Sources: *Coping with Miscarriage*. Stanford Medicine Children's Health. 2023.
After a Miscarriage: Surviving Emotionally. American Pregnancy Association. 2023.

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