

Emotions that some men have described after a miscarriage:

Shock: at the turn of events, especially if there were no signs that anything was wrong

Anger: at medical staff for not preventing it happening; at the unfairness of it all

Grief: a strong and perhaps unexpected sense of loss and bereavement

Isolation: loneliness, especially if your partner seems to be shutting you out, or if others don't seem to understand how you feel

Guilt and failure: for what happened; for your partner's emotional and physical trauma; perhaps for not being there when it happened

Relief: after a period of uncertainty; or at the end of a pregnancy that you didn't want

Helplessness and frustration: at your lack of control over events

Loss of concentration: feeling overwhelmed by events and emotions

Lack or loss of interest in sex: you may associate sex with the physical aspects of miscarriage; or be worried about when it is safe to resume.

Anxiety: about your partner's emotional and physical state; about your relationship; about a future pregnancy

Impatience: the urge to get back to normal; and to try for another pregnancy

In the weeks that follow miscarriage, attention tends to be focused on the mother and the father's feelings can be overlooked. Men may be taken aside and asked how their partner is, while few people ever think to ask after you.

Some people may feel uncomfortable asking a man about his feelings, but others may simply assume that they are less affected by what has happened. Men often find that they are expected to hide their feelings in order to be strong for their partner.

Supporting each other is the most important action one can take at this time.

*"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day which says,
"I will try again tomorrow"*



Grieving After A Miscarriage



Box 403, 203 Patricia St.
Hudson Bay, SK S0E 0Y0
Phone~ (306) 865-3064
Fax~ (306) 865-3391

hbfamilyandsupport@sasktel.net
www.hbfamilyandsupport.ca

24 Hour Crisis Line
(North East Region)
1-800-611-6349

It is not Your Fault

It is normal to feel shock, grief, depression, guilt, anger and a sense of failure and vulnerability when you lose a pregnancy. The days, weeks and even months following a loss can be incredibly difficult and painful, even more so if this wasn't your first pregnancy loss, or if you carefully planned this pregnancy and thought you'd done everything "right." Or you may simply feel withdrawn and moody and unable to concentrate or sleep. If you told people you were pregnant, you'll probably worry about announcing this news and you may find even the most sincere expressions of sympathy difficult to take.



A few things to keep in mind as you work through this

Understand that it's not your fault.

Pregnancy loss or complications can strike anyone. Talk openly and honestly with your partner and how it's affecting you. Accept your feelings as they are and don't judge yourself or your partner for how you respond. **Give yourself time to heal.** Don't pressure yourself to get past the sadness quickly. Your healing will be more complete if you deal with your grief as it comes. You may find yourself reliving the pain, especially around your due date or other milestones. Over time, things will change and you'll feel better.

Take time off from work. Even if you feel physically fine, taking some time away from your job may be helpful. You need a chance to process what has happened, and taking a break from your regular routine will help you acknowledge and accept all that you are going through.

Don't expect your partner to grieve in the same way. If your partner does not seem to be affected by the loss as deeply as you are, understand that men and women grieve differently. While women tend to express their feelings and look for support from others, men tend to hold their feelings inside and deal with loss on their own. Likewise, men often feel they need to take care of their partners by remaining strong.

Do not misread his 'non-emotions' as not caring about you or your loss and don't judge yourself for not coping as well as he does. Share your feelings and your needs with your partner but give each other the freedom to experience the loss in your own way.

Don't close yourself off from others.

Although it may seem painful to talk about, sharing your story will allow you to feel less alone and help you heal. You may be surprised by how many of your co-workers, cousins, neighbors and friends have their own stories of loss and healing. You may find understanding and support from unexpected people; which can help make up for the fact that some people you expected to understand do not seem to get how much you're hurting. Someone who hasn't gone through what you're going through really will not know what it's like. Most people want to say something comforting but don't know what to say. Try not to take it personally if they say the wrong thing or nothing at all.

Get support. Ask your doctor about pregnancy -loss support groups in your community. It may take a while to find one that suits you, so don't get discouraged if you don't like the first one you try. Find out in advance about the people in the group to see if you'll fit in. You may also want to seek out a professional counselor to help you deal with the difficult emotions you're experiencing right now and, ultimately, to come to terms with your grief.