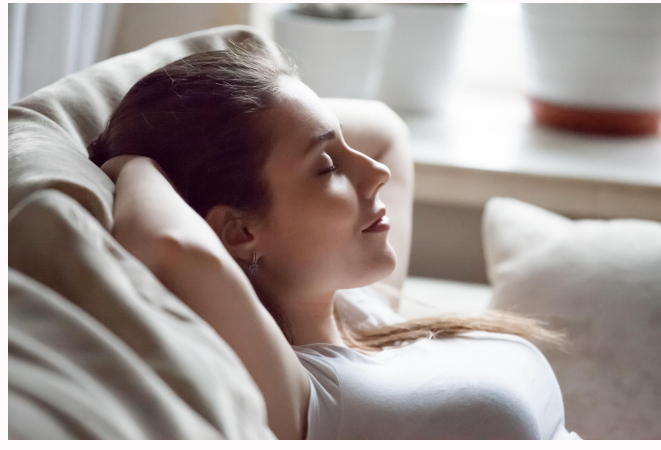


# COVID-19 COPER

## after the loss of your baby

### CALM

Your breath helps to ground and calm you. Listen to calming music to soothe your nervous system.



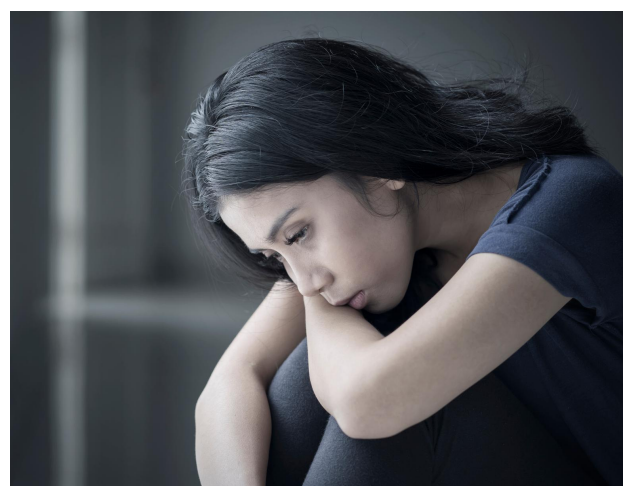
### CONNECT

When you feel ready, connect with other bereaved parents through online support groups. Connect with your partner who may be grieving differently.



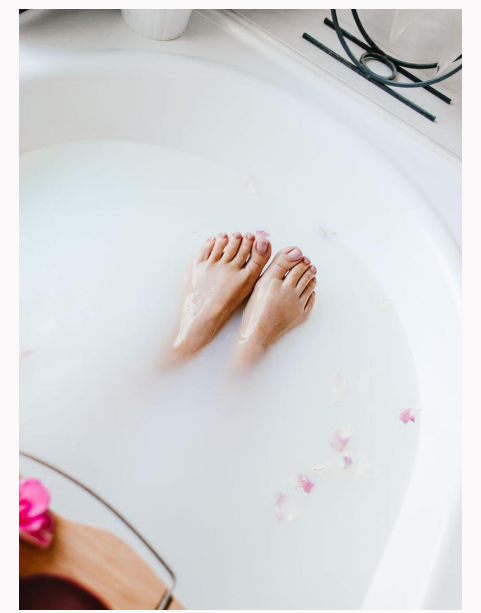
### OBSERVE

Observe and accept your thoughts, physical feelings and emotions. There are many different symptoms of grief. They are all ok to feel, and will evolve and change over time.



### ORIENT

Orient yourself towards nurturing activities. Limit your exposure to World events. The World is in grief right now. Make time for grieving the loss of your baby in your own way.



### PRESENT FOCUS

Bring your awareness to the present moment. Try to avoid fearing future outcomes. Most people go on to have healthy babies after loss.



### PRIORITISE

Tune in to what you need. Keep things simple. Prioritise who and what matters, and let go of the rest for now.



### EXERCISE

Move your body every day. With your doctor's approval, walk, stretch. Use online yoga videos. Your body is designed to move.



### EMBRACE

When you feel ready, embrace the meaning of your pregnancy and your baby's short life. Embrace memories, photos and mementos. Think about rituals that may help you to remember your baby.



### REMEMBER

Remember the time you spent with your baby in your pregnancy. What did you and your baby share? Remember your baby was warm and loved in your body.



### REACH OUT

Reach out for help if you need it. You are not alone. Grief takes time to process, and there is support out there.

