Taking Care of Yourself After Loss

We are sorry about your recent loss. It is important to allow yourself and your family time to grieve and heal. You also need to take care of yourself. WIC is here to help you get the support you need and provide information on how to stay healthy.

Find someone you can share your feelings and frustrations with – your partner or a close friend. It is normal to feel resentful, overwhelmed, guilty and confused. Be patient with yourself. If you seem stuck, cry a lot or are not interested in things you usually enjoy, please call your doctor. Your clinic may have a local resource that can help you or call the Postpartum Depression hot line 1-800-PPD-MOMS (1-800-773-6667).

Eating healthy foods can help you be stronger and provide your body with the energy it needs. Try to:

- Rebuild your body by including foods high in iron and calcium. These include: lean meats, enriched and whole grain cereals and bread, beans – like those on your WIC check, peanut butter, dark green leafy vegetables, milk, cheese, cottage cheese and yogurt.

- Make a goal to eat fruits and vegetables every day. These add essential nutrients, fiber and are low in calories.

- Focus on healthy eating, not on “dieting”.

- Continue to take your prenatal vitamins or a multi-vitamin with iron and folic acid.

- Get up and moving each day by doing some activity you enjoy such as walking, dancing, yoga or working out at the gym. (Ask your doctor if you are ready for exercise.)

- Get out of the house every day, even if it is to walk around the block or go to the store.

- Get 7 – 8 hours of sleep each night.

Place a star by something you will do in the next week or write your own goal.

◊ I will eat fruits and vegetables every day.
◊ I will eat a whole grain food every day.
◊ I will talk to someone about how I am feeling.
◊ I will meet a friend and take a walk.
◊ I will play a favorite song and dance.
◊ I will drink more water.
◊ I will take my prenatal vitamin or a multi-vitamin with iron and folic acid every day.
◊ I will do something I enjoy like, paint, draw, color, garden, or read.

I will ______________________________________________________________.