



GLEYM MÉR EI

WHEN
JOY
TURNS
INTO
SORROW

MOST PREGNANCIES COME WITH HOPES AND DREAMS

We envision a new life and begin to look ahead. We prepare ourselves as we are about to have a baby. We allow ourselves to look forward to the future. Most often, these hopes and dreams arise the moment the pregnancy becomes a reality. When a pregnancy ends, dreams, hopes and expectations are shattered.

MISCARRIAGE IS A REAL LOSS

It is natural to feel a sense of emptiness, longing and grief. It is just as natural to experience no sadness or even relief. When it comes to emotions, there is no wrong or right way. Each person must be allowed to find their own path.

There are various ideas about early miscarriages that are unsubstantiated and the grief that follows is often belittled:

- Parents have not made a connection to an expectant child when a miscarriage occurs early in pregnancy
- The smaller the fetus and the shorter the pregnancy, the less the grief
- Miscarriage is common and therefore should not be taken too seriously

Experience shows that the depth of grief has little to do with the number of weeks of pregnancy. Rather, it is much more about the feelings you felt towards the expectant child and the dreams you had about the future. The fact that miscarriage is common does not mean that it is trivial to those who experience it.

INVISIBLE GRIEF

In our society, it is still customary to only tell the people closest to us about the pregnancy, or even no one at all, before the first trimester is completed. This strong tradition is probably based on the fact that it is not considered appropriate to share the news with others until the greatest risk of miscarriage has passed. This puts people in a situation where few have been able to celebrate with the expectant parents, and, as a result, there are very few who can sympathize and provide support in the event of a miscarriage. In addition, there are usually very few tangible memories. There is no baby that was born, no stamped footprints or pictures to own. The invisibility and secrecy make this type of loss so special and challenging.



Cotton Stories

YOU DON'T HAVE TO HIDE YOUR FEELINGS AND TEARS

Most people find it helpful to talk openly about having a miscarriage with family and friends. Acknowledging that you are in pain can be the beginning of the recovery process. Suppression or exclusion of emotions complicates the process and can cause more pain in the end. Keep in mind that grief is a healthy physical and mental response to loss. It is natural for a couple going through a miscarriage to experience the situation differently.

Open and honest communication is key. Talk to each other and be supportive. Remember that no reaction or emotion is more appropriate than another. Some couples experience increased intimacy after a miscarriage, while others may experience difficulties in the relationship. If older siblings are present, it is important to realize that children are sensitive to their parents' feelings. They tend to fill in the blanks if kept in the dark so it might be better for them to know why you are feeling down.

BE PATIENT WITH YOURSELF

It is important to have time to recover. It may be a good idea to take a few days off from work or school and a doctor's note is easily obtained in these circumstances. In addition to the normal physical complications of miscarriage, many also experience physical symptoms of grief, such as digestive problems, loss of appetite, fatigue, headaches, and sleep disturbances. It is normal to be sensitive to stimuli, feel irritated and have difficulty concentrating. Some find it challenging to be around people who are expecting a baby or have an infant. For most people, it helps to slow down, reflect, show yourself understanding and accept support. The goal is not to continue with life as if nothing has happened but to learn to live with the loss. Take one day at a time. Gradually the grief will relent, and the pain will subside. The sun will shine again.

If difficult feelings persist, it is important to seek professional help, for example, at your local health care clinic or from self-employed psychologists.

PREGNANCY AFTER LOSS

Most people who go through a miscarriage try to have a baby again. Many need time to recover mentally before trying. However, there is no one specific time that is better than another as long as medical reasons do not contradict a new pregnancy. Most often, the next pregnancy goes well and ends with a healthy baby, but it is normal to experience anxiety and fear. It is important to discuss the feelings that arise with loved ones and in antenatal care.

*Do not judge the cloud that blocks the sun,
for it is in the cloud's nature to hide the light.
When the liberating breeze blows it away,
only then can you appreciate how bright the
sun shines.*

E. J.

YOU ARE NOT ALONE

About 1 in 6 confirmed pregnancies ends in miscarriage. The vast majority of miscarriages occur before the 12th week of pregnancy, which is considered early miscarriage. Delayed miscarriage occurs from 12-22 weeks of gestation. After this time, it is considered a stillbirth. Early miscarriage also includes molar pregnancy, ectopic pregnancy and blighted ovum.

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