

Navigating Work After Pregnancy Loss

After a traumatic pregnancy loss, returning to work was one of the most challenging situations I had ever encountered. Based on my own experience, these are the suggestions I would give to a friend to help them feel less alone, less isolated, and more supported. These suggestions are not a substitute for professional medical or mental health advice from your healthcare provider.

~Andrea

Take the Time You Need (and don't feel guilt about it)

- **Look into company benefits** including types of leave (e.g. bereavement vs short term disability), free or discounted meditation apps (e.g. Calm, Headspace), free or discounted counseling (e.g. Modern Health, employee assistance programs).
- **Set micro boundaries**

Communication Strategies

- **Use code words or phrases** (e.g. I was in Hawaii)
- **Respond with metaphors, analogies, or figures of speech** vs one-word phrases
- **MANAGERS & COWORKERS:**
 - Ask "Are you open to feedback?" before giving it
 - Be mindful of off-the-cuff phrases that could be triggering
 - Consider the use of emojis and imagery that may be upsetting

Physical Strategies

- Power pose
- 10-second gentle palm press
- Collarbone tapping
- Grounding feet
- 3 long, deep breaths

Setting Realistic Expectations

- Redefine "professional"
- Set goal for active listening
- **MANAGERS & COWORKERS:**
 - Provide options for support
 - Allow space for healing / grieving
 - Encourage "camera off" time

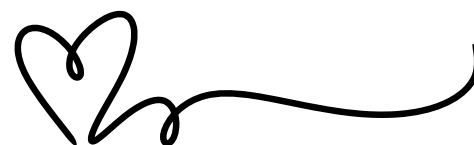
Helpful Resources

- **Book:** No Hard Feelings by Liz Fosslien and Mollie West Duffy
- **Book:** Big Feelings by Liz Fosslien and Mollie West Duffy
- **Resource:** Emotions wheel

Do you need a stress reset?

Returning to work after pregnancy loss comes with a weight most people can't see. You may look fine on the outside, but inside, you're navigating feelings that don't fit into calendar invites or group chats.

Consider a 5-day Cortisol Reset taking place August 18-22.
More details available here:



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