



Mills Perinatal Wellness Group, PC

What is Perinatal Loss?

Perinatal loss – such as stillbirth, miscarriage or any death up to a year postpartum– is often sudden and unexpected. Even though parents may not yet have met their baby, their relationship with their unborn infant is strong. Grief after pregnancy loss is one of the most profound events a family can endure. There are several crucial things to know when grieving a pregnancy loss, including the physical and emotional toll it takes on the mother, father, or partner. In addition, finding the right resources for each person is essential to help navigate this challenging time. Perinatal loss and grief are recognized as traumatic life events. It can take a few weeks to months for your body to recover physically from a neonatal loss, and it may take longer to recover emotionally.

Signs and Symptoms of Grief

Physical Symptoms

- Shortness of breath
- Tightness in throat
- Heavy or aching arms
- Empty feeling in abdomen
- Fatigue
- Crying spells, tearfulness
- Sleeplessness, restlessness

Mental Symptoms of Grief

- Numbness, detachment.
- Yearning, preoccupation, thinking about baby or what happened.
- Confusion, disorientation, disorganized thought, difficulty concentrating.
- Anger, irritability, envy, guilt, regret..
- Fear, anxiety, worry, helplessness
- Sadness, hopelessness, despair.
- Experiences of seeing, hearing, or feeling presence of baby.
- Withdrawal