



Life After Pregnancy Loss

Finding Gentle Grounding

Reflections for Life After Pregnancy Loss

A gentle, self-paced workbook from Campion Coaching & Consultancy

A calm space for healing and hope after pregnancy or baby loss

www.campioncoachingconsultancy.com

Contents

Welcome

Reflection 1: Grounding

Reflection 2: What Healing Means Now

Reflection 3: Values

Reflection 4: Self-Compassion

Reflection 5: Hope

Closing



Hello and Welcome

This workbook is an invitation to pause, breathe, and reconnect with yourself, wherever you are right now.

Each page offers a gentle prompt or practice to help you find small moments of clarity and calm.

Take what resonates and leave what doesn't. There's no right way to use this, only your way.

There are no wrong answers, no "must", "should" or "need to". When you're ready, let's begin...



Reflection 1

Grounding

Coming Back to the Present

When emotions rise, your body can bring you back to safety.

Try this 3-minute grounding practice

Inhale slowly for 4. Hold for 4. Exhale for 4. Hold for 4. Repeat this 3 times and see how you feel.

You can repeat this a number of times in sets of 3 to regulate your breathing, if needed.

Next is a popular grounding technique to bring you back into the present moment.

Take your time, and then name:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Lastly, notice your feet on the floor. You are here. You are safe enough for this moment.

When I take a moment to breathe, I notice...



Reflection 2

What Healing Means Now

What Does Healing Mean for Me Now?

Grief isn't linear; it ebbs and flows. Healing doesn't mean forgetting. It means carrying your story with gentleness.

What does healing look like for me today?

What does it not have to look like?

What helps me feel grounded, even briefly?



Reflection 3

Values

What Still Matters Most

Loss can shake what we believe, but some values stay constant. Reconnecting with them helps rebuild identity.

Which values or qualities feel strongest in me right now?

Which do I want to nurture moving forward?

How could these guide one small action this week?

Example values: *kindness, honesty, love, connection, peace, purpose.*



Reflection 4

Self-Compassion

Small Acts of Care

Grief can drain our energy. Tiny, intentional care rebuilds it.

One small act of compassion I can offer myself today is...

Something that soothes me (sound, smell, place) is...

A phrase I can whisper when things feel heavy...

Remember: gentleness is progress.



Reflection 5

Hope

A Letter from Your Future Self

Close by imagining a future version of yourself, one who carries love and memory with steadiness.

Write a short note from that self to you now:

"Dear me, you're doing your best. You've come further than you realise. Hope will return in small ways..."



Thank You

Thank you for taking these gentle moments for yourself.

I hope you found some respite while moving through the workbook. Refer back to it whenever you need some time out from life. Gift yourself the space to 'be'.

If you would like support as you navigate this journey, I offer 1:1 coaching for pregnancy and baby loss. A safe, gentle space to find your way forward.

Book a free discovery call:

www.campioncoachingconsultancy.com/booking-calendar/discovery-call



Campion Coaching & Consultancy

Values-led coaching and consultancy

www.campioncoachingconsultancy.com

