



How to look after yourself if you are finding this week heavy

Baby Loss Awareness Week (also known as BLAW) takes place 9th - 15th October



Remember this week is the same as any other.

Be kind to yourself. There may be more noise and more reminders of your loss this week, but **you are in control**. Acknowledge and accept your emotions as they come and go - you may like to take time for yourself, or it might feel right to carry on as normal. Both are okay.



Consider the impact of social media this week.

Some content online may be triggering this week. Evaluate your media consumption. **If you need to step away, it's okay to do so.** Don't feel pressure to join in the conversation online if this doesn't sit right with you. This might be a good opportunity to take a break from social media.



Find gentle ways to remember your baby.

Talk to your partner: you could light a candle, visit a special place or dedicate an evening to remembering your loss through writing a letter or poem, painting a picture, or creating a playlist together *in private*. You don't need to share this with anyone else if it doesn't feel right.



ReFrame the week with our mindfulness event.

Together with **Frame**, we are hosting an **online restorative yoga session** to bring some light to what can be a heavy week. Join us for just **£8** - all proceeds go directly to supporting more Petals clients.



14.10.25



19:00-20:00

petalscharity.org/reframe-the-week



Connect with others who 'get it'.

If you are seeking connection, search **Petals Together** on Facebook to find others in the community who *get it*. Remember you are not alone.

