

Healing is a process, and grief is a journey. At this time, we understand that you are in much pain, but in the end, you will see that addressing this issue right now will turn out to be a blessing in your life. It will allow you to heal more quickly than a woman who waits 5, 10 or 50 years.

Observe your healing signs. Each woman has a unique story and a unique journey. Each woman moves at a different pace. Trust in God to empower you to move forward in your journey of healing.

Recommended Reading

No One Told Me I Could Cry

By Connie Nykiel

An honest look at emotional consequences of abortion for young women.

A Solitary Sorrow: Finding Healing and Wholeness After Abortion

By Teri Reisser M.S.,M.F.T.

Hope and encouragement offered to those seeking healing after abortion.

Life Cycle Books
(1-800-214-5849)

If you are feeling suicidal please call a suicide hotline.

1-800-SUICIDE
or www.suicidehotlines.com

The enclosed information was taken from "Protocol for Dealing with Newly Aborted Women."

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P.O. Box 070477
Milwaukee, WI 53207-0477
1-800-5WE-CARE
Email: noparh@juno.com
www.noparh.org

For hope and healing after abortion contact

Project Rachel

703.841.2504
1.888.456.HOPE
www.arlingtondiocese.org/rachel
projectrachel@arlingtondiocese.org

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Arlington, VA 22203

CARING FOR YOURSELF AFTER AN ABORTION



You feel sad and confused...

You cannot sleep at night...

*When you do feel hungry, you reach
for a drink or a cigarette...*

*You can hardly get out of bed in
the morning...*

You cry for hours...

Your Body after Abortion

Does any of this sound familiar to you? Abortion is a life-changing event. Pregnancy creates a very chemically complex condition. Our bodies undergo tremendous hormonal changes and shifts. Abruptly ending a pregnancy leaves the body in a confused state. Some professionals say hormones will settle quickly, but lived testimony tells us otherwise.

Abortion is a shock to both body and spirit, be gentle with yourself. If you are having physical difficulties, you need to see a doctor for a check up.

Caring for Yourself

Are you bingeing on sweets, soda pop or chips? Eating junk foods may set up a chemical reaction in your body that is not good for you right now. When we eat sweets, our bodies feel better for a little while. However, when the sweets wear off, our blood sugar drops lower, and we must eat more sugar to feel better again. The difficulty with this cycle is that each time our blood sugar swings, it drops lower and lower and we feel worse and worse. Eat balanced meals and nutritious snacks. A well-balanced meal contains protein, (as found in meat, fish or poultry – a serving size should be about the size of the palm of your hand or a deck of cards), fresh vegetables, and fruits.

If you do not have much of an appetite, try healthy snacks including cheeses, yogurt, nuts, and cold meats. Eating well will help you to feel better and give your body a chance to repair itself.

Sleeping

Are you getting any sleep? Twenty-minute naps may help offset the effects of severe sleep deprivation.

Lack of sleep can make you feel worse, and may even lead to suicidal thoughts. Taking "power naps" will help you feel more refreshed.

"While you may feel you are in a black cave, you are really in a tunnel. Once you are able to step forward, you will see that there really is light at the end of the tunnel."

Exercise

It is a good idea to get a little exercise even if it is just walking to the end of the block. Exercise triggers our naturally occurring endorphins and makes us feel better.



Alcohol and Drugs

Alcohol and drugs may seem to alleviate your pain for a short while, but in truth, they are actually aggravating it. Keep away from drinking and drugs!

Your Due Date

Your due date could be an emotionally difficult time for you. This is an important date for you to mark. Some women report having odd physical symptoms at that time, such as unusually heavy bleeding, breast tenderness, or other menstrual discomforts.

Hope and Healing

Purchase a notebook and begin writing about the abortion experience and any nightmares you may have. If you are an artist, draw or paint. Getting your experience on paper will help free some of your emotional resources for other activities in your life.

Take life one moment at a time. With time the pain will lessen. Grief takes time. Experts say it takes at least a year, maybe two, to work through grief. Many women have gone before you in this pain, and have experienced healing.