



TRANSFORMING GRIEF

AND

SELF CARE

FOR MIDWIVES



A KISS FROM AN ANGEL

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A KISS FROM AN ANGEL



THE HEALER'S WORKBOOK

The Midwife's Insight



Transforming Grief and Self Care for Midwives

www.akissfromanangel.com.au



ONLINE TRAINING

Top 10 things to do for Bereaved Parents



Creating
Memories



Speak our Baby's
Name



Show your
Emotions



Don't Forget
Dads/Partners



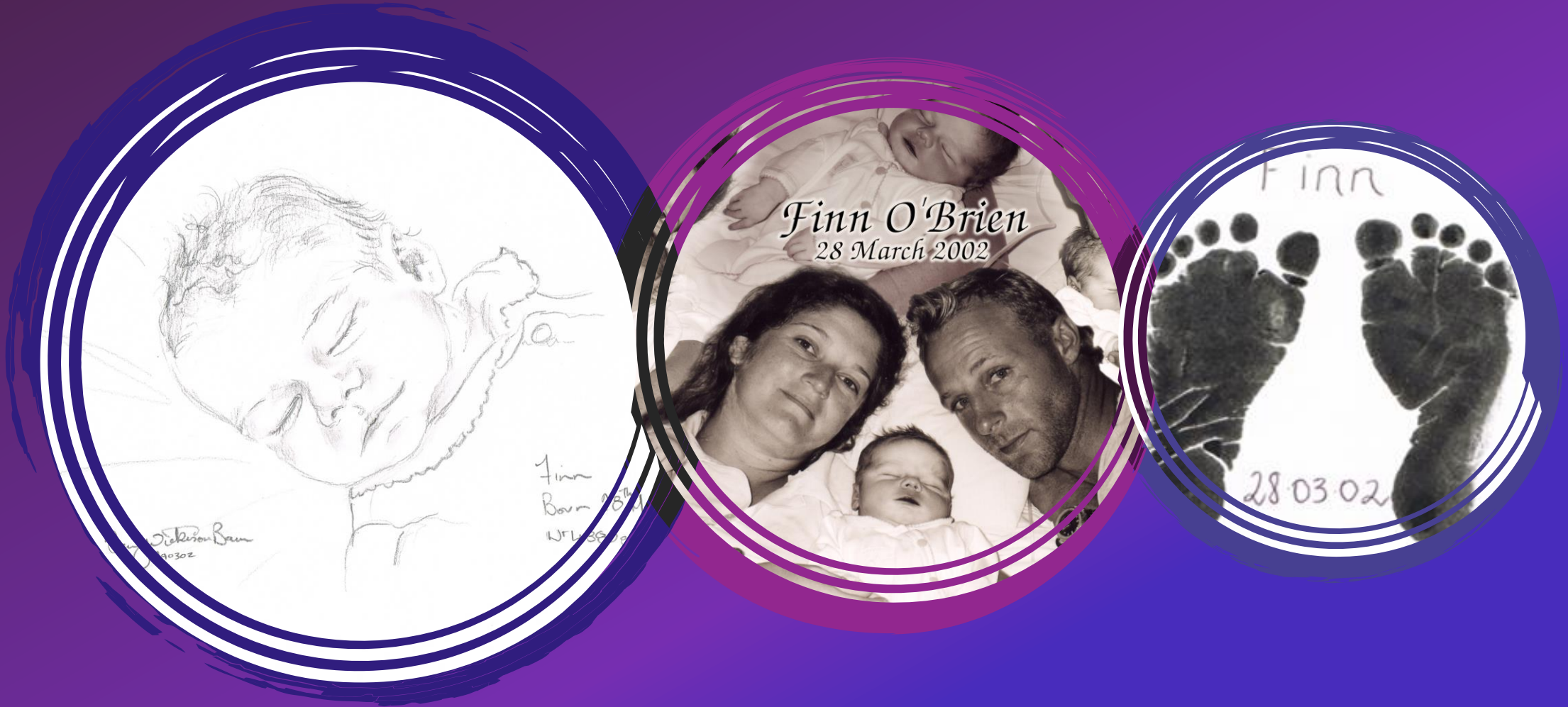
Think for Us





CREATING MEMORIES

Creating Memories





**SPEAK OUR
BABY'S NAME**



**SHOW YOUR
EMOTIONS**



**DON'T FORGET
DADS/PARTNERS**



THINK FOR US

Top 10 things to do for Bereaved Parents



Shut up and Pass
the Tissues



Attend the
Funeral



Support our
Beliefs



Honour our
Babies



Remember
Important Dates





**SHUT UP AND
PASS THE
TISSUES**



**ATTEND THE
FUNERAL**



**SUPPORT
OUR BELIEFS**



**HONOUR OUR
BABIES**



**REMEMBER
IMPORTANT
DATES**

Top 5 ways to Create Self Care



Drink Plenty of
Water



Daily Stretches



Protect your
Personal Energy



Debrief as soon
as possible



Writing and
Burning





**DRINK
PLENTY OF
WATER**





DAILY STRETCHES





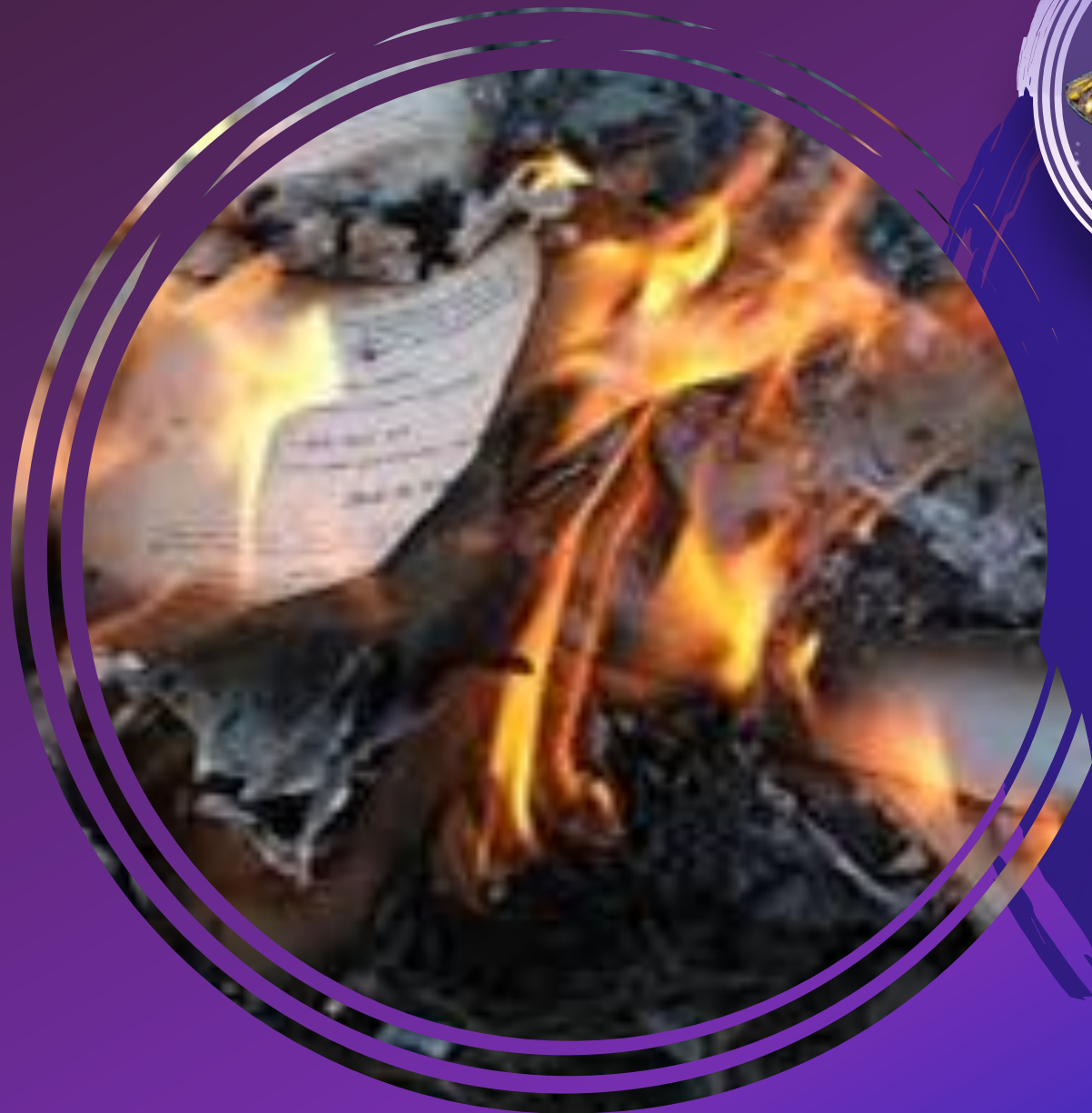
PROTECT YOUR PERSONAL ENERGY





**DEBRIEF AS
SOON AS
POSSIBLE**





WRITING AND BURNING

Top 5 ways to Create Self Care



Enjoy Nature



Meditate



Nurture Yourself
with Food



Self-Massage



Mental Health



**ENJOY
NATURE**



MEDITATE



**NURTURE
YOURSELF
WITH FOOD**



SELF- MASSAGE



**MENTAL
HEALTH**



THANK YOU

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