

8 strategies to manage INFERTILITY stress

#1 RECOGNIZING INFERTILITY TRAUMA

Research has shown that the psychological symptoms associated with infertility are similar to those associated with other serious medical conditions, such as cancer. Your story is worthy and valid.

If it feels like you're struggling with the hardest season of your life, it's because you are. The trauma of not being able to have children is very real.

Allowing ourselves to sit in the emotions of heartache, sadness, disappointment and resentment is important to recognizing and not diminishing the impact infertility has on our lives.

#2 IT'S OKAY TO NOT BE OKAY

You don't need to be everything for everyone all the time. It's okay to say, I need a break and then take it. If you need to stay off social media for a period of time or during the holidays, that's ok. If you decide you need a break from treatment or TTC at home, take the break.

Infertility is a huge part of our lives, but it's not the only part. So, at times, we may need to step away from our current checklist of fertility items and spend moments reconnecting to ourselves and others.

#3 DECIDE YOUR PRIORITIES

What is most important for you to focus on right now? Before taking on new commitments, review your priorities and be sure they align with what your goals are. No exceptions.

Don't be afraid to say no to requests from friends, family or work. Your health matters most.

Give yourself grace. Prioritize your physical and mental health. Ensure you are giving yourself space and time to navigate your emotions on this journey.

Don't rush the emotional process. Don't expect of yourself things you wouldn't expect of others. Let go of the guilt and focus on what's most important in this moment.

#4 REDISCOVERING YOU

What makes you happy? What are activities you enjoy doing? Write them down in a journal. Then, take the time to do some of those things that were put on the back-burner due to infertility.

Do you have a support network? How do you typically handle stress? What triggers an emotional response for you? Write it down again. We all handle stress differently, so learning how we process our emotions will allow us to put a plan in place to protect not only our heart, but our minds.

Journaling, even if it's just short phrases, will allow us to look back and see the progress we've made. Furthermore, on more difficult days, reading encouraging words we've written in the past will uplift you and remind you of your hope.

8 strategies to manage INFERTILITY stress

#5 SUPPORT GROUPS + COMMUNITY

Joining an infertility support groups offer solidarity; walking alongside others who know how you feel. We are so glad you chose Hopeful Mama to build community with.

Online infertility communities can also help you find new friends by connecting you to others who truly understand what you're going through. We have a new resource list of online infertility support communities. Make sure to check it out.

If you're looking for professional help, head to our Professional Resources Directory for suggestions.

#6 PRACTICE A GROUNDING EXERCISE

Find some breathing exercises that fit into your life or try using the grounding exercise breath work we do at group. You can also utilize a relaxation or mindfulness app for some guided breath work. Some of our favorite apps are Mindful IVF and Calm.

You can also practice repeating a mantra to connect you with the present by what we can control. We've talked about these in group, so you can use one from group or create your own. Your mantra can even change daily based on what you're going through.

#7 FOLLOW YOUR DOCTOR'S ORDERS

Google can be a scary place with misleading and inaccurate information. Don't allow yourself to head down the dark hold that is the internet.

When you have questions or concerns, call your clinic. They know your journey and treatment better than anyone and they will provide you with the necessary next steps.

If you read or are suggested a new method or item to try, consider speaking with your doctor/clinic first. Many times things can be publicized as safe and effective when there is no medical research to support it.

Remember to advocate for yourself. You know your body better than anyone.

#8 THE HOPEFUL MAMA BOX

There will be days that you need more. More support. More reminders. More hope.

Create a Hopeful Mama Box that you can go to in your time of need. It can be a box, or a bag, a drawer, or a shelf...even a room, whatever works best for you. In that space, keep things for your difficult moments.

Perhaps an affirmation card, candle, note from a fellow infertility warrior, a quote or picture can live in your Hopeful Mama Box, so that when you need the extra encouragement, it's already waiting for you.

WANT TO LEARN MORE ABOUT HOW THE HOPEFUL MAMA FOUNDATION IS READY TO SUPPORT YOU?
CLICK BELOW AND WE WILL BE IN TOUCH SOON.

[PLEASE CONTACT ME](#)

