



EP 018: Mindset Work for Fertility #1: Why

This is the Fertile Mindset Podcast, where we explore all the emotional aspects of fertility to support you on your path to parenthood. My name is Sarah Holland. I'm the Fertile Mindset coach and a mother to two children after my own fertility challenges. I hope you find all the support and inspiration you need within this podcast, to carry you forward on your fertility journey towards your own successful outcome.

It's also my wish that through listening to these episodes, you rediscover how to enjoy life now and live it to the full while you wait for your baby.

Now let's begin today's episode.

Hello and welcome back to the Fertile Mindset podcast. It's lovely to know you're here again, listening to and connecting with support for your mind, your mindset, and the whole emotional piece of fertility.

If support around the emotions and mindset of fertility is important for you right now, I'd really love to invite you to my new free challenge, 5 Days to Fertility Calm which is starting on Monday 19th April. This challenge is a lovely introduction to using EFT for your fertility and emotional wellbeing, and over 5 days you will have an in depth experience of using this approach and seeing what results are possible for you. I'd love you to join us and the link to sign up for free is <https://www.fertilemindset.com/5days/> That's with a number 5: <https://www.fertilemindset.com/5days/>

Now today's episode is the first in a series of 3 where we're going to explore mindset work for fertility and look at the why we seek out emotional support and do mindset work, what this work can look like and what the right approach for you could look like, and lastly how you can go about supporting and healing the emotional aspects of your fertility journey.

So this first episode is focused on the WHY of mindset work, and I'm really interested in WHY people engage with mindset work on their fertility journey. Of course, the background to why you may seek out emotional and mindset support, and why you're listening to this podcast, is likely to be because you are wanting to have a baby. But is this the sole reason you take this step, and put the time and energy into mindset work?

When I think of the women I support at Fertile Mindset, both through one-to-one coaching and support, and within my Fertile Mindset Sanctuary membership group, I know for many their main focus is their current wellbeing. Yes, they want to get pregnant and have a baby, but they also want to take care of themselves and their mental health and wellbeing during this time.

It's usually easy to spot what the initial intention and goal for the mindset work is at the very first moment someone reaches out for support. I get two broad types of enquiries for

support. One that will say “I’ve tried everything to get pregnant and the one thing I haven’t fully addressed is my mindset, so I want to see if that will help”. And the other will say something like “I’ve been trying to conceive for so long, and my mental health and wellbeing is suffering. It’s a priority for me now to focus on this and take care of myself while I wait for my baby”.

Now, are either of these approaches the “right way” or the “right reason” to start mindset work? You know, I hesitate to pigeonhole them in that way. There is no one “right reason” to pursue mindset work. If they’ve taken the time to reach out, to write an email and ask for support, for whatever reason, then this shows it’s important to them, in this moment. It’s something they need to address and would like support with.

After this initial enquiry into mindset support, I’m always then curious to dig a little deeper to learn where they are right now both on their fertility journey, in their life as a whole, and what is really happening for them. How much is their fertility journey taking over their life and their mind, how much of a struggle has it become, and is it impacting on other areas of their life too? So whilst they might reach out saying “Look I just want to find out what will help me get pregnant, and if that is mindset work, EFT, meditation or whatever then I’ll do it”, but I know that there can be a lot more going on under the surface. And through doing the mindset work purely for the reasons of having a baby, they then go on to learn a lot about themselves, how they are being impacted by their fertility struggles, and then nurture themselves as a priority. Which I always love to see, when a woman puts herself at the centre of the fertility journey, and takes care of herself, her emotional wellbeing and mental health as a priority.

In the twenty years that I’ve been hearing from women and receiving those initial enquiries for support, a good number of times I’ve sensed panic in their emails and a sense of “I will do anything and pay anything”. My instinct here is to help them slow down, bring some space to their mind and clarity to their thoughts. I don’t want anyone adding on support from me as just another thing to add to the list of all the things they’re doing for their fertility. Like a check list of all the things they’ve been told that will help, and if they get them all ticked off then surely a baby will be the result.

If we instead we take a moment to calm the mind and thoughts, we’ll know that this isn’t the automatic outcome – the harder we try, the more we do, the more certain it is that we’ll get to our end goal of having a baby isn’t necessarily true. In fact, constantly adding more things to that check list and then adding them into your life too is only sure to lead to one thing – overwhelm. Also exhaustion, both mental and physical, and probably exhaustion of your time and your finances too. And a lack of focus. When we try to do many, many things all at once, however good our intentions, it’s understandable that we’d not be able to focus on any of them particularly well.

If you decide to do mindset work using a technique like EFT, then you want to give it the time and focus it needs to bring you real results. And it’s the same with anything you take on for your health and wellbeing – yoga, meditation, healthy eating, and good nutrition. In order to reap the results of these practices and habits they need to become a regular part of your everyday life. Not something you just pick up now and again, then forget about the next time another promised “fertility solution” comes along.

So coming back to what I was saying about digging a little deeper. I will do this in the very first conversation I have with someone after their initial enquiry. I’ll listen to them – carefully – I’ll ask questions to learn more about them, their motivations to be reaching out for mindset support, and their general emotional situation at this time in their life.

If they’re feeling fear, panic, even desperation, and that is why they want to get started with mindset work ASAP, then it’s that mindset that I will suggest we focus on first. In fact, this has been the beginning of many of the support relationships I have had with my clients. We start with the mindset they currently have, recognise if it feels supportive or not, and then

begin our work. It's beautiful to see how quickly perspective can change, and how much more clearly we can then look at ourselves and our current situation. With that clarity we start to make much more conscious, present decisions that really support us and feel good, rather than making quick, panicked decisions from a place of fear.

I've known people strip back all the things they were doing to apparently support their fertility once they got to a clearer, calmer place in their mind. And this is why I say that mindset work can be the most important thing to bring into your fertility plan. Yes, I know it can feel like you're being more proactive doing things that seem to support your body directly and therefore your fertility, like focusing on what you put into your body by way of food, supplements or herbs – and how you exercise and take care of your body whether that's through yoga, fertility massage or acupuncture to name just a tiny number of the many, many things that are often on that fertility checklist. But without support for your mind, and the calm and clarity, it will all be so much harder, more exhausting, and potentially ineffective as you try to do too much from a place of fear.

Now this isn't where everyone starts from, and as I said I do get initial enquiries too that are more along the lines of "I know my emotional wellbeing is suffering under the strain of fertility issues, and I need to have support". And I would say that in general we are all much more aware now than we have ever before of the importance of and impact of our emotional wellbeing and mental health. And this awareness has been somewhat speeded up by the extra pressure and stress we've all been experiencing in some way over the last year of the pandemic and restrictions in our lives.

Maybe this is why when I asked on Instagram recently whether those who follow me to do the mindset work, find this work, yoga, or other fertility support practices only to help them have a baby, or it primary for their wellbeing? and the majority – 86 % - answered the latter. They are doing mindset work and self-care for their own wellbeing primarily. This doesn't mean they don't have the same focus and desire to have a baby too, but maybe that they understand that becoming more fertile, and then having a healthy pregnancy and baby, wouldn't – for them – be the main reason for the mindset work, the self-care work, or they see that it would come later as the next step of their mindset work after they have taken care of their emotional wellbeing first.

And I want to celebrate that, and encourage everyone, all of us to practice putting ourselves and our wellbeing first. This isn't meant to minimise or underestimate how very important it is for you to have a baby, and become a mother, and I know that is a very real and big part of your life and what will bring you happiness too. But how you are living your life now, what your experience is of your life now, is the most important thing now, in this moment.

We could compare this to the pandemic again and thinking of the last year and all the restrictions that we've been living with. Do we put our life on hold and believe we have nothing good in our lives until whichever government we live under decides we can see family, eat in restaurants, or go on holiday? Or do we get creative, find ways to still stay connected to friends and family, celebrate their birthdays or other occasions in innovative ways, and even start appreciating things we didn't before – like a walk in nature, or taking up a new craft or hobby – because this is something we can do, something that can bring us joy and happiness, even in a difficult and potentially stressful situation?

And this is how I'd love everyone on a fertility journey to view it. This is your life, and whilst I don't want to in any way minimise the pain, heartbreak, and disappointments you have experienced or are currently living through, I do want to be by your side to lift you up, and help you find your own way to fully live and enjoy your life now.

This is the power of mindset work, and especially how I approach it with EFT tapping at Fertile Mindset. It's not about instilling a positive mindset or encouraging you to think happy thoughts. It's about truly acknowledging how you do feel, and then finding your way to

uncover your own strength, tenacity, clarity, and calm. This is the WHY of the work I do and the support I give. I want you to live every moment of your life now, your one precious life that deserved to be lived free of pain, suffering and fear as much as possible. And when I see others discover that WHY for themselves during their fertility journey too, it's wonderful to see.

There are so many layers to mindset work and although we may start in one place and for one key reason, the journey of doing this work could take you in many directions.

I've spoken already about starting with an intention to find something that will them conceive and have their baby, and how this can lead to deeper work around themselves and their emotional wellbeing. But the opposite can happen too.

I can receive an initial enquiry from someone who is primarily focused on doing mindset work and having support for their emotional wellbeing, and then as they start to feel stronger, calmer, and clearer in their mind, they also have a curiosity about how their mind could be impacting on their fertility journey. They may explore whether they have any thoughts, feelings or beliefs that are in conflict with wanting to have a baby and become a mother. They may be interested in seeking out and releasing any potential emotional blocks they have to conceiving. It can feel like they have two different perspectives on their fertility journey. On the one hand they want to be a mother more than anything and are working every day, in some way, to make that happen. But at the same time, they feel themselves holding back in some way. Maybe to protect themselves from something that feels risky or uncomfortable about embarking on this path to parenthood. This could be fears and worry about pregnancy and birth, or around how they feel about being a parent. It can feel like a bit of a push-pull experience, where one moment they're pushing ahead and will do anything to help them conceive, but then notice themselves pulling back and maybe even taking a step back.

Once the initial mindset work on the current stress and overwhelm is done, it brings space and clarity for many to then look at this deeper work.

So, really what I'm saying here – as I said at the start – is that there is no one “right way” or reason to begin mindset work for your fertility, and wherever you begin, whatever you need to address first is going to be the right place for you. But then be ready for this journey to open up, to learn more about yourself and take path towards mindset work that you didn't expect or know that you needed.

It's a fascinating process, to dive into our mind and explore its relationship alongside a fertility journey. As you're listening to this podcast, I expect that it's something you are interested in exploring more. And whilst there is always an open invitation to you to get in touch if you would like my support, today I also have a special invitation for you to join 5 Days to Fertility Calm challenge, which is an opportunity to be supported by me and an amazing group of others who are taking part, to explore the mindset and emotional aspects of your fertility. 5 Days to Fertility Calm starts on Monday 19th April and then every day for 5 days you will be guided through using EFT on key issues related to fertility and given space to do this mindset work with my support. It only takes a few minutes each day to take part, but the results you can see after the 5 days together are amazing. It's been a couple of years since I've run this particular challenge, and I'm so excited to get started and see what comes out of this time together. We have people joining who are considering IVF, or they're within a cycle right now, or at many other stages of their own fertility journey. It doesn't matter what is happening for you or what you are currently doing for your fertility, any treatment you're having, 5 Days to Fertility Calm is for everyone – everyone who is on a path to parenthood of any kind who wants to take care of their emotional wellbeing, their mindset side of their fertility. Whatever your WHY is, whatever your reason for joining us you are very welcome, and I look forward to seeing what happens in the 5 days together. Now It starts on Monday 19th April and we also have a preparation session on Friday – which is tomorrow if

you're listening to this on the podcast release day. The preparation session will be live at 8pm UK time on Friday 16th April, but it's also recorded so you can catch up at any time during the weekend before we begin on Monday 19th. And even if you're listening to this podcast part way through the challenge week, do still join us and jump in on whatever day that we're on. We'd love to see you! The link to register for 5 Days to Fertility Calm is www.fertilemindset.com/5days. That's with a number 5 - www.fertilemindset.com/5days

Thank you so much for joining me on this episode of the Fertile Mindset Podcast. Next week we're going to continue looking at mindset work for Fertility and following on from this episode about the WHY of mindset work, next week we'll be looking at WHAT – what can we address under the umbrella of mindset work, how can you find out what you want to and need to work on, and what approaches can we take to ensure we work effectively and thoroughly, and help you create a true Fertile Mindset that's supportive of you and your fertility.

I look forward to diving into that topic next week, and hopefully before then I'll see you at 5 Days to Fertility Calm. Speak to you again soon.

Thank you for listening to the Fertile Mindset Podcast.

If the topics talked about here sounded like I was speaking directly to you and your thoughts, then I would really love to invite you into the Fertile Mindset Sanctuary.

This is my fertility support membership, where you can free yourself from stress, worry and any emotions that don't feel helpful, so you can then create a naturally supportive mindset, your Fertile Mindset.

In the Sanctuary I'll guide you through using the emotional healing technique I use at Fertile Mindset called EFT, and you'll soon be feeling less stressed and more joyful.

If you're not already in the Sanctuary, do come and join us now, starting with the BUD level of membership, which is completely free of charge.

Go to www.fertilemindset.com/sanctuary to join, and then watch the welcome class, which will give you a fast start into taking back control over the emotional side of your fertility.

I look forward to seeing you there, and at the next episode of the Fertile Mindset Podcast.