



## **EP 019: Mindset Work for Fertility #2: What**

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. As always, it's lovely to know that you're here, and you're prioritising your emotional wellbeing on your fertility journey, and I hope you find listening in helpful and supportive.

I know many of our regular podcast listeners are taking part in my free fertility support challenge this week, 5 Days to Fertility Calm. This supported challenge is one way where we can take the theory, ideas, and inspiration that we talk about here on the podcast and turn that into real-life mindset work that can then create real positive shifts for you and your fertility journey.

The 5 days challenge that started on Monday will soon be coming to an end now, and whether or not you have joined us on the challenge, this isn't the end of being able to connect with fertility support with me. My Fertile Mindset Sanctuary is open to new subscription members now, and this is where you can connect with ongoing, continuous support for as long as you want and need it at an affordable price. Every week I go live in the members only group with a guided tapping on a topic chosen by our members. These are all recorded, and we now have over 160 short but powerful tapping videos on a huge range of topics for our members to use whenever they need support or a boost in just a few minutes. Also, we meet twice a month for an hour of support and tapping as a group in our Sanctuary Support Circles, you have access to a big library of Fertile Mindset resources, and the support and connection with our lovely group of members. There are a few other surprises in there too, and everything is with a focus on your emotional wellbeing, strength, and resilience on your fertility journey, as well as taking care of you and helping you live and enjoy your life now while you wait for your baby.

The Blossom subscription of the Fertile Mindset Sanctuary that gives you this wonderful level of support is open to new members now but will be closing in a few days. This is so we can then focus on welcoming the new members and help them get the most out of their time with us.

If you would like to join us, I would love to see you there! You can read more and subscribe at [www.fertilemindset.com/sanctuary](http://www.fertilemindset.com/sanctuary). When you join let me know you're a podcast listener because it's always lovely to meet my listeners!

Now today's episode is the second in a series of 3 where we're looking at mindset work for fertility. In the first in the series last week, we talked about the why. Why we seek out emotional support and do mindset work, what the different motivations and reasons can be, and how there's no one right reason, but that it can change and expand as you do the work. If you haven't listened to episode 18, last week's one yet, do listen to that as well, and it will help you identify your WHY for doing this work, and understand yourself and your immediate needs more.

The second in the series, for today's episode is the WHAT of mindset work for fertility.

We're going to look at what we can explore and support under the umbrella of mindset work for fertility, what you may want to work on and address, and how you can find this out, so the mindset work you do is both thorough and effective.

Then part 3 next week is about the HOW of mindset work. That will be a practical session looking at how to incorporate mindset work into your fertility journey, how you can use EFT and other approaches to give a fully rounded but not overly time consuming approach to emotional wellness for you on your fertility journey.

So, today we're looking at the what.

Let's first look at what you could focus on when you do mindset work for your fertility. When I ask the question – what do you want to work on in our sessions? - to people who start working with me for one-to-one support, I'm aware of what a big question that is, with the potential for a big and complicated answer. In fact, most people find that hard to answer, especially if this is the first time, they've reached out for emotional support on their fertility journey. Often it is a shock how stressful and overwhelming the whole experience has become and their only reason for doing this work is simply to feel better. They know that how they feel right now isn't conducive to the healthy, fertile body and mind they want to create, but they might not know which areas, which thoughts, emotions, and beliefs they want to address to bring about the positive change they want. What they often say is "I don't know where to start". Maybe you feel that way too. You're interested in mindset work – that's why you're listening in today – but if I were sitting with you right now, offering my support, you may have so many things you could work on that you just wouldn't know where to begin. Feeling the pressure of wanting to choose the right place to start, you may start to ask yourself – which is the most important? What is the key to why I'm feeling this way? What do I even have time to address?

And time is an issue for most people on a fertility journey in one way or another. It may be that you have a fertility treatment cycle coming up and you want to be as emotionally prepared as possible before you begin, or before you get to certain stages like egg collection or embryo transfer. Or it may be that for you time is more related to your life stage or your age. You wanted to be pregnant by a certain date or age you reached, and as that gets closer you're feeling the pressure – which of course is adding to your stress levels – and you want to have dealt with all the important aspects of your emotional wellbeing by then. So again, there's that pressure to know exactly what you should be focusing on to get the results you want as soon as possible.

So, first, if you're feeling any of that pressure or panic, let's take a pause, take a breath and just be still.

When I'm talking to someone for the first time, rather than asking them to identify their own key issues – which can feel impossible when there may be so much – I ask them to tell me

about their fertility story so far. As they tell me what's happened in the past, what's going on now, and what plans and thoughts they have about the future we can both start to identify which aspects have been, and continue to be, the most challenging. If emotions are close to the surface, it's easy to connect with them and that can be a good start point. I often advise just to start where you are right now. Yes, there may be many, many aspects you want to address, but what is going on for you now. Let's give that space – the things that are at the front of your mind frequently. They need to be heard and addressed before we can look at the deeper levels.

Some people find it very helpful to write down, journal all their thoughts – maybe write out their fertility story, or simply empty out their mind of all the thoughts, feelings and beliefs around themselves and their fertility and put them onto paper. Yes, it can still look like a lot, but once there out there in writing we can start to bring some clarity and order to those thoughts.

If it feels surprising or overwhelming about how much there is, this is exactly what you could start with. When using EFT tapping, which is the technique I use in all my support at Fertile Mindset, it's what we're using in this week's free challenge, and it's what we use in the Sanctuary membership, you can use EFT to tap on the overwhelm. Doing a simple tapping round on overwhelm and saying phrases like "I just don't know where to start, there's so much to do here, I don't know what is most important, it's so overwhelming" this will fully acknowledge the overwhelm and why it's there, and then help bring some order to your mind and thoughts.

Once you start to get clear on everything that you want to work on, heal and release related to your mindset and emotions, you'll most likely notice there are many things on your list that are not directly related to your fertility. All the general life stuff that has the ability to trigger stress too – work, finances, your relationship with your partner, your relatives, world issues and injustices. The list can quite honestly be endless, and I think it's that way for all of us. We live busy and full lives that are constantly changing and unpredictable. It's understandable that there may be just as many issues you want to address outside of your fertility.

I think that people sometimes want to push those things to the side though, while they work on the more important issues directly related to their fertility journey. However, if there are aspects of your life right now that are crying out for attention, taking up much of your headspace and energy, then do bring these into your mindset work too.

Rather than thinking of yourself as someone who is trying to get pregnant and you need to do everything to support that, look at yourself as a human being, living their life, faced with challenges along the way, and give yourself compassion and kindness for everything you are experiencing both inside and outside of your fertility journey.

And of course, everything else going on in your life can add to your stress levels and to a sense of overwhelm, so working on them will support your overall wellbeing, and could then directly impact on your fertility journey in many ways. Look at how your fertility journey is affecting your life and work on what comes up, but also look at how your life is affecting your fertility journey and pay attention to those areas too.

Now, we know that being present as much as possible can massively reduce stress and help us to be more focused on and conscious with whatever we are currently facing or dealing with. So as you approach mindset work for your fertility, you may also want to check in to see how present you are. It's likely that if you're feeling in a state of stress, you are spending more time in the past or future. Looking back and overthinking your past story, anything we regret or feel loss around can keep us in a place of sadness about what might have been or regret about our actions or choices. We know once the past is over it cannot be changed,

but we tend to go over and over it in our mind. Replaying situations, trying to work out what happened and why, when there may be no answers to be found.

Also, we may find that we're constantly jumping ahead to the future in our minds. Playing out every possible scenario, wondering what if this happens or what if that doesn't happen. This puts us into a place of fear and anxiety and remember what we're focusing on and feeling in every cell of our body here hasn't even happened yet and may never happen. How much of your time do you think you spend feeling sadness and loss about the past, and fear and worry about the future? And when related to our fertility journey this past and future thinking can be all consuming.

Thinking of it in terms of a fertility journey with IVF treatment this could look like looking back to the past in terms of asking yourself "why didn't I start trying for a baby sooner?" or wondering why an IVF cycle didn't work out, or still feeling emotionally connected to any losses you have experienced. Then as you plan ahead for another treatment cycle, you may be worrying about every stage, trying to know now whether it will work or not, and have fear around the possibility that it might not. Can you see how if your mind is going from past to future and back to the past on a continuous loop how exhausting that can be?

So when approaching what areas to do the mindset work on for your fertility, I feel that addressing any past or present thoughts or issues that are taking up valuable headspace and energy, is the most thorough and in-depth way to work. And as you do this work, you'll notice that you come back to the present more and more easily, and before long you will be living in that present moment, fully connected to it, finding the joy in life again, and also being present when making decisions and choices on your fertility journey.

Today I've talked about the What of mindset work for your fertility, and next week in the third in this series, we'll look at the HOW. How you can go about supporting and healing the emotional aspects of your fertility journey, how to get going, how to make it a habit, and how to maximise the results you achieve.

If you would like my support with this, in the most convenient, accessible and low cost way, then I would love you to join us in the Fertile Mindset Sanctuary. At the end of this episode you will hear a message about the free BUD level of membership, which is our beginner level with a free introductory class, but the level I would like to invite you to join now, as it's only open for a few more days, is the BLOSSOM level which gives you direct support from me and the other members, making sure that you have the support and resources to make mindset work for your fertility easy, effective and enjoyable too! The Sanctuary membership group is a really lovely place to be where you feel nurtured and supported – it's a true Sanctuary on your fertility journey, and there's a place for you there. Just go to [www.fertilemindset.com/sanctuary](http://www.fertilemindset.com/sanctuary) to read all about it and join us.

Well, that's it for today's episode and the second in the series on mindset work for fertility. I hope you're enjoying this deep dive into the why, how, and what of mindset work, and I look forward to speaking to you again next week, or maybe before in the Sanctuary too!

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](http://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.