



EP 029: The Passing of Time on a Fertility Journey

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. This is episode number 29, and today is a very special date for my podcast. It's the 1st of July which means it's 6 months today since the podcast began on New Year's Day. So the podcast is half a year old today and therefore today is its first half-birthday! And before you question it, yes half-birthdays are a thing. I have a friend who celebrates all her birthdays and half birthdays, as do all her family and what that really means is more opportunities for cake and celebrations. And that can't be a bad thing, can it? So I want to mark the podcast's half birthday by giving you the opportunity to gift yourself some amazing self-care and emotional support on your fertility journey. So I have a very special offer for you.

Now, whether you've been with me from the start or are a new listener and catching up and binge listening to all the episodes, I'm so happy that you are here and taking time to reflect on and receive support for the emotional aspects of your fertility journey. And what this means of course, is that you are prioritising you and your emotional wellbeing and mental health while you wait for your baby. And that is amazing! That is what I dearly wish for everyone facing fertility issues to do. To know that they are important, and although the baby and becoming a parent is of course a focus, it doesn't need to be the only focus. It is you who is going through this experience now. All the waiting, all the worry, the setbacks, the tests, the treatments, and all the new information you need to take on and learn. It's a lot, and it's important – vital – that you have support in place and with you every step of the way.

So, I hope that this podcast has been part of that support for you, and today on its half birthday I'd love to give you an easy way to bring in more emotional support and self-care, and to do this in a way that is easy, effective and could make how you feel on your fertility journey so much better than you ever imagined possible.

I'm sure you know by now, if you've been listening for a while, that with my Fertile Mindset coaching and support I use EFT, also called Tapping. EFT is a technique that works with the Chinese meridian system as acupuncture does, but with a gentle tapping on the points on your face, hands, and body instead of using needles. It can quickly and effectively balance your emotions, thoughts, and beliefs, help you be free of stress, and connect with your most

supportive and positive mindset. I've been using EFT with my clients for around 17 years now, and when I was on maternity leave with my first baby after my own fertility journey, I decided to write a book that not only passed on all the knowledge I had about EFT and how to use this technique for fertility, but that also contained easy to use worksheets and exercises to work through to bring about positive changes for everyone who read it. I named this book *Overcoming Infertility with EFT* and it's the perfect partner to support you as you face, work through, and overcome your fertility issues. And now I'd love to give you the chance to get your own downloadable copy for just £5 – this is the first and only time I've ever sold it at this price, and as well as it being on sale at this low price, I have a gift I want to give you too. That is my personal coaching and support alongside reading the book. So once you've downloaded the book and read it, I invite you to choose something specific you would like my support and guidance with, and then write to me at my personal email account – only I will read the email – email with your request and I will reply with directly to you, with support and coaching that's just for you. This is a really unique opportunity and something I've never offered before. It will really help bring the book to life and all the teachings, and make sure that you're getting the best possible results from it, for you, for your emotional wellbeing, and to support your fertility. Now, the link to get your copy of *Overcoming Infertility with EFT* alongside that personalised support and coaching is <https://www.fertilemindset.com/halfbirthday>

Now as we're talking about birthdays here, and about time passing, I thought this was a good time to talk about how time relates to fertility. Time can present many challenges on a fertility journey, and the more we feel attached to time the more potential there is to feel pressured and stressed. It can be hard to escape the constant marking of time, and it can mean that stress is forever present while we try for and wait for our babies.

Let's think about how a fertility journey typically begins. You've made the decision to start trying for a baby, and very often this is linked to a particular time or milestone in your life. You may have decided that you want to have a baby within your first year of marriage, or that you wanted to conceive by the time you got to a certain age. If you've put off trying for a baby, you may have measured that time and thought "I've been waiting to have a baby for 5 years, but I had to get my career, finances, home or whatever sorted first".

When you decide to have a baby, the time to have that baby is now. You are ready now; you do not want to wait and it's likely that a part of your mind did expect to see a positive pregnancy test in that first month of trying. Because that's what you want, that's what you have decided, and the time is right to have a baby.

But when the positive test doesn't appear, you start to count the months, and then maybe the years that you have been trying. And with each month added to the total, the more dread and fear can be present too.

We're encouraged to look at how much time has passed with the guidance of going to see your doctor if you've been trying for a baby for 12 months without success. And if the woman is over the age of 35, then it's recommended that you see your doctor after 6 months of trying. So now the amount of time that you have been trying is a problem. It defines you as having fertility issues.

You may have been able to sense a shift at that time. It's when things changed and became more focused on time – the time it's taking, the time that's passing, and the timings of everything that happens next.

Every cycle that you are trying for a baby is all about waiting and watching time. In the first part of your cycle you are waiting and watching for your fertile window. You may be counting the days on your calendar, anticipating the day it will begin. And then as soon as you know that ovulation has taken place, you start counting the days again. The two week wait as it's known. Two long weeks of waiting and watching for symptoms or signs.

The attachment and pressure of time can be even more emphasised within fertility treatment cycles, where you need to be very aware of the date and what medication needs to be taken, the planned dates for insemination, egg collection or embryo transfer. Maybe you've seen these dates move and shift around, and that's brought its own anxiety.

And then if we zoom out to the bigger picture of your fertility journey, there can be a huge emphasis on time. As well as the total time you've been trying for a baby, you may feel the pressure of certain dates approaching. Birthdays can be tough, especially the big birthdays or ones that have meaning for us. If you've always planned to have your first baby by the time you were 30, 35 or whatever age, you may find that 9 months before that you're aware that this is your last chance to hit that target. For many, birthdays no longer feel like a time to celebrate, which is so sad.

All of this is understandable. Us human beings love to live by our man-made calendar and give significance to certain dates. But in the context of a fertility journey, it can pile on a huge amount of pressure and stress. We must remember that it's not the date or the amount of time that is causing the stress, but our perception of it.

What meaning have we attached to reaching a certain age without having had a baby yet? And if we have attached meaning and significance, it shows us that it's possible to add a different meaning or to let go of it completely. Age is just a number after all, and doesn't in itself hold any meaning about your fertility, how successful you are, or what is going to happen next.

So what can we do to take our focus and attention away from time, age, dates such as birthdays, or the date you expected to be pregnant by?

The best way is to first of all have the awareness of what role time is playing in your life, and how you relate to certain dates. Once you have this awareness, don't be frustrated or angry with yourself. It's understandable, we've been trained our whole lives to take notice of time passing and dates approaching with every birthday we celebrate, every time we look at the calendar and plan out our week, our month, our year. We're acutely aware of the age we are, how much time we have, how much time we appear to waste, and what it feels like for time to fly. Although the old saying "time flies when you're having fun" doesn't seem to apply when time appears to stack up quickly on a fertility journey.

When you recognise how you're feeling and the reasons why the passing of time feels stressful, we can then give ourselves tons of kindness and compassion. It's hard dealing with fertility issues, and it feels harder still, when you're feeling under pressure to get pregnant by a certain date or age.

Be kind to yourself, and give yourself the opportunity to change the meaning age, dates and time has for you, and allow it to let go of its hold on you.

You can do this by changing your thoughts. If you are having thoughts right now about how long you've been trying and what age you are that feel stressful and disempowering, you can use the power of thought in your favour, and choose thoughts that are supportive, encouraging, and empowering.

Now I can't tell you what those thoughts should be - and you'll have your own unique way to look at your situation that feels calmer and more aligned with how you want to feel and what you're wanting to achieve - and I'll share with you in a moment how to discover your own supportive thoughts.

But here are some ideas for inspiration about how you could look at the role of time on your fertility journey, and ones that I've heard emerge from my clients' minds once they've done this work on their thoughts.

They say things like:

Yes, it's taken some time to conceive so far, but I've learned so much about myself in that time. I know I'm in a better and stronger place now.

Although I'd love to be pregnant next month, I trust that it will happen at the right time, and I don't have control over that.

Instead of feeling fearful, I'm now curious about what the next month's hold for me.

There is no significance to being a year older on my birthday.

Or the age I am now means I have more to bring to my parenting. It feels like from now onwards would be the right time to have a baby – not when I was younger.

So, how can you work with the thoughts around time and find your own uniquely supportive perspective that you can naturally step into? The answer is to listen for those thoughts, notice how they make you feel, and then apply EFT tapping to each of them.

If you've used EFT before you'll know that it's very effective in sorting through your thoughts, feelings, and beliefs, helping you be free of the ones that aren't needed, so you can uncover and reconnect with your most supportive, and naturally positive mindset.

And this is exactly what will be most helpful for you here. It will relieve the pressure of time, the dread that you feel with each month that passes, and help you stay focused on the present, putting your energies into supporting you and your fertility.

The easiest way to use EFT on a thought is to state the thought in your set up phrase, and then as you go through each tapping point you say words to describe the thoughts and how it makes you feel. After a round or two of tapping you're likely to start noticing other thoughts emerge, and these thoughts will feel more true and supportive than the negative narrative you had going on. It's the most wonderful feeling to change your thoughts to ones that support you, and to do this with ease.

Now remember, with today being the Fertile Mindset Podcast's half birthday I have put my eBook *Overcoming Infertility with EFT* on sale now for just £5 which includes free email coaching and support from me. Go to <https://www.fertilemindset.com/halfbirthday> to get your copy and have it instantly delivered to you by email to download. This isn't a hard copy, it's a downloadable book that you will have instant access to.

Purchase your copy of *Overcoming Infertility with EFT* at <https://www.fertilemindset.com/halfbirthday>

Now to finish this episode on time and fertility, I'd like to read part of the introduction to the book to you:

My own fertility journey started in June 2004 when my husband and I decided that we wanted to start a family. We were immediately impatient and wanted it to happen now! We had made the decision to have a baby and believed it would happen straight away. However like many couples we found we had quite a wait – 2 years 6 months to be exact. We finally got our positive pregnancy result on Christmas Day 2006 and our longed-for baby boy was born in September 2007. Throughout the 2½ year wait we went through fertility tests and treatment. People who knew we were having trouble conceiving would constantly tell us they were amazed at how calm and positive we remained. Perhaps they thought we weren't really that desperate for children, but we were working relentlessly at finding out the cause of our infertility and not a day would pass where we didn't think about it. However this didn't mean we were overly stressed. We saw each day that passed as being a day nearer to our goal.

We would always say that one day, somehow, we would have a child. We didn't yet know how that would come about, whether we would conceive naturally or look to adoption, but we remained positive. So what was our secret? How did we survive the rollercoaster of trying to conceive?

I've told you the secret here on the podcast, and the HOW to do this is within the book so if you'd like to do this mindset work too, do get your copy of *Overcoming Infertility with EFT* at <https://www.fertilemindset.com/halfbirthday>.

Thank you for joining me on this special half birthday episode of the Fertile Mindset Podcast, and you could say also joining in the celebrations, although there hasn't been any cake yet. I think I'll have to put that right and get in the kitchen and get baking!! I hope you've found this chat around the passing of time on a fertility journey helpful, and if you do treat yourself to a copy of my eBook *Overcoming Infertility with EFT*, I hope that you get a huge amount of support from it, and I look forward to receiving your email request for personalised coaching and support when you've read it.

Wherever you are on your path to parenthood, however the pressures and stresses of time are showing up for you, I'm sending you lots of love and support, and a knowing that this pressure and stress will fade away as soon as you change your thoughts and the meaning attached to them.

I look forward to speaking to you again next time!

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.