



EP 043: 4 Easy Ways to Find Strength on Your 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. It's so lovely to have you with me again, because I know that you're here, you're listening to the podcast to give yourself the support, the emotional support that you need. And today's topic is about something that we all struggle with at one time or another on our fertility journeys. We're talking today about finding strength.

It can feel impossible to stay feeling steady and strong during a long and challenging path to parenthood. You may think of yourself as a strong person, but fertility issues can truly test our limits. As each month passes and you're still not pregnant, I know many ask themselves "How much more of this can I take?".

One of the key factors which prompts someone to reach out for one-to-one support with me, or to listen to this podcast too, is that feeling of wanting to give up, alongside the contrasting need to keep going. Does that sound familiar to you?

It's at this point when your fertility journey can turn into a difficult uphill struggle, which takes every ounce of your strength and resilience. If you feel as if you're now running on empty and you're not sure HOW to keep going, then the tips I'm going to share today are for you.

These tips worked for me during my own fertility journey and for the many people I have supported too. You might be feeling that nothing will help, and you just can't see a way to feel stronger and more positive. However, I believe that we all - and that does include you too! - we all have an inner strength and resilience that can support us through life's toughest challenges. It's just about uncovering and recognising that strength within you and finding a way to reconnect with it so you can use it to its full potential.

So, let's get started rediscovering your inner strength to help support you on your fertility journey.

My first tip is to borrow some strength from others.

When you're at your lowest and you're really struggling, do you have that one friend, or maybe a relative or your partner, who will say: "Do you know, you are doing really well. You're stronger than you think, and I believe in you".

You probably don't believe them, you have a whole stack of evidence to prove them wrong and show them how badly you're coping, but maybe just maybe you could borrow a little of that self-belief and strength. You could try it on for size. Wonder what it would feel like to say: "Yes I am coping; I can do this!".

For what it's worth, I believe in you and know you have more strength than you realise. Borrow it, take it, it's true and it's yours.

My second tip is to give yourself some slack.

Did you know that having fertility issues is regarded by psychologists as one of the most stressful experiences that can happen in a person's lifetime? In fact, it's thought to be as emotionally challenging as being diagnosed with a terminal illness.

I know when you're facing your fertility issues more or less by yourself, without many, or any, others in your close circle of friends to relate to and have a benchmark for how well you're coping, it can feel as if you're not doing very well at all.

And then you beat yourself up for not being able to cope. And then feel even worse. And so it continues.

Well, the fact is that although you may feel like you're not coping as well as you 'should', and who sets the 'should levels' anyway? You are most probably coping in a very normal and expected way, given the circumstances.

So cut yourself some slack, stop beating yourself with that big stick, and say: "I accept and understand all the emotions I am feeling around my fertility journey". You could also bring this wording into your EFT tapping rounds. Try using these words within the set-up phrase, because acceptance is a great place to start your emotional healing from. If you don't yet know how to do EFT or maybe even what EFT is, after this episode have a listen to [episode number 20](#) where I teach and guide you through using EFT, or better still join as a free member of my Fertile Mindset Sanctuary, which gives you everything you need to start using EFT for emotional support on your fertility journey. You can sign up at www.fertilemindset.com/sanctuary

My third tip is to practice something I call extreme de-stressing.

Often when you feel like you're not coping it's because you're overwhelmed. Life is busy in general, isn't it? Work, money, your relationship, family dramas, the news from around the world, a never ending To Do List. And that's before you add in the fertility stuff. The expectation we and society have that we must 'have it all' and can 'do it all' quickly leads to stress levels escalating and overwhelm becoming an ever-present state.

So, what can you do? My tip is to start a regular, and by regular, I mean daily, practice of de-stressing.

Start by recognising the things which are stressing you in day-to-day life, whether they are little or big, and apply EFT to each and every one of them. I recommend a routine of 5 minutes twice a day to check in and reduce your general stress levels with a little EFT tapping. And doing it straight after you've brushed your teeth twice a day makes it an easy new habit to remember and stick to!

And why does this work? Once you've reduced your overall 'stress load' you'll then discover you have the strength and capacity to cope with whatever else that happens to crop up in your life. And we know how unpredictable a fertility journey can be, so it's wise to have a little strength in reserve isn't it? So get on with recognising each time stress rears its ugly head, and then zap it with some EFT tapping!

My fourth and final tip is to have faith.

You may call it faith, or hope or trust. Whatever you call it, this is one of the simplest ways to connect with your inner strength when you most need it.

Depending on your own personal beliefs, you will find your own way to connect with faith, hope and trust that feels right to you and therefore can easily be brought to mind in times of need.

Personally I have beliefs that we can all grow and learn from everything that happens to us, and that things always turn out well in the end. So these beliefs for me evolved into natural affirmations which instantly appeared in my mind during my most challenging times on my fertility journey.

The affirmations which kept me connected with hope, trust and therefore my strength were:

"Someday, somehow I will be a mother".

And if I saw a pregnant woman, or a new mother with her baby, I would think "Thank you for reminding me where I am heading. That will be me soon",

You can borrow these for yourself and see how they work for you, or have a think about what else you could say, you could affirm to connect you back with your faith, your hope, and your trust.

Finding strength can feel elusive at times, however I hope with these tips you will find a way to reconnect with your own amazing resilience.

I've mentioned EFT today, as I often do on the Fertile Mindset Podcast, because it's the foundation of all the support I offer at Fertile Mindset, whether that's my one-to-one Fertile Mindset coaching support, or through my fertility support membership, the Fertile Mindset Sanctuary. If you are already a member, do remember to log in and use your resources, and if you're not yet with us, do come and join us on the free level for now at www.fertilemindset.com/sanctuary and we'll all be opening up the paid level of membership again in a few months.

I hope you've found today's 4 tips useful in rediscovering and reconnecting with your inner strength and resilience on your fertility journey. Borrow some strength from others, give yourself some slack, practice extreme de-stressing, and connect with faith, hope, or trust.

I look forward to speaking with you again next week on the Fertile Mindset Podcast!

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.