



EP 047: Surviving Infertility and Loss with Monica Bivas

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. In this episode, I'm sharing a chat that I had with another one of my lovely colleagues in the fertility world. I have known Monica for many years and through her own experience of fertility issues, IVF, and loss, she's become an empathic and supportive voice in the fertility community.

Monica is a mindset and holistic fertility coach and the author of the book, the IVF planner. She focuses her support on those who are having fertility treatment, are pregnant after infertility, or have experienced pregnancy and baby loss. I hope you enjoy listening to our conversation. We do go deep and explore the raw emotions and experiences of infertility.

So, for this episode, I'm given a content warning for the talk around pregnancy loss, stillbirth, and suicidal thoughts. Please be aware of this as you decide to listen.

Hello, Monica. Welcome to the first home mindset podcast. It's really lovely to have you here. How are you today?

Monica: I thank you, Sarah. I am well, thank you so much for having me. It's truly an honour, as always to, you know, to be part of whatever you are working on because you are an inspiration and I have been that beautiful friendship with you for so many years. For me, it's really an honour to be here with you. Thank you so much for inviting me.

Sarah: Oh, you're so welcome. And it is its years. It's, I don't even know how many years now. Many, many years.

Monica: 2015, yes.

Sarah: Really? Wow. So, yeah. And, and I know that your passion has always been really supporting people who are going through fertility treatment, such as IVF, and people who have suffered loss as well on their journey. And I know we've got lots that we would love to talk about today.

I'd love to start a little bit perhaps about why you do the work you do Monica. It'd be really interesting to hear where you're coming from with this.

Monica: Yeah, well, Sarah, what really inspired me to kind of choose this path was my own journey through infertility, actually primary infertility, and secondary infertility, which I thought, honestly, that is something that I thought never would happen in my life, you know.

I wasn't too much into getting married when I was younger, or too much into having kids. It's funny to say, because I felt in that time that the world was upside down and look how we are now. But I guess that things happen for a reason. So, when I got married 18 years ago, I feel that I'm going to get pregnant very easy, you know. I come from a family, especially for my mom that is very fertile. They are eighteen kids, nine girls, nine boys from the same parents. So I have about 243 cousins and everybody in my family from that side was getting pregnant with a blow of a kiss. So, for me, it was like the opposite. I was always thinking, you know what I have to be on birth control because, what if, right?

So, when I got married with my husband, we basically started about four months later, we took a little time to be together and he has a daughter from a previous marriage. And it was very heart breaking for me every time that Daniella would come to her visitations with him when she leaves, you know. It was because she was one year and four months, and she kind of woke up that maternal feeling that we all women have. And I couldn't deal with the fact that she needed to go back, you know. And of course, she has her mum. So I told my husband, I want to, you know, a child of our own and I say, you know, we're going to start to work, next month we're going to be pregnant. It didn't happen.

So, after trying for a year, as most gynaecologists suggest, we went to do tests and all our hormones and, you know, AMH for me, and all his tests were okay. So eventually the doctor says, I think it has to do with either your uterus or your fallopian tubes, and that's what happened. So, we did a Hysterosalpingogram in my fallopian tubes and that's when I discover that I had endometriosis, I had endometriosis a stage four that was there for years. And I was having a lot of painful periods, very heavy, but it was normal in my family too, in my mum's side. So, you know, you grew up thinking that something that is normally in your family, it's normal on you.

And that's how it happens. We did two laparoscopies to try to open at least one, but it didn't work. So we're only option was IVF. And we did our first cycle, which is now my 15-year-old daughter Eliya. And I thought that you know, in that time, I didn't know about embryo freezing or you know, that I could freeze my eggs. My husband too, nobody explained this, it was so new. So, when we had Eliya the first cycle, we said, well, in a few years, we can try again and bring a sibling. We go to IVF and it's going to be, but it didn't. So that's when the secondary infertility hit, my second cycle was cancelled, my third cycle, as you know, it was my stillbirth baby girl at 39 weeks, my fourth cycle was basically following miscarriage from that emotional pain that I went through, that almost brought us to divorce. And my fifth cycle after we kind of came together with my husband and see that, you know, we love each other and we need to overcome this, is my now 8-year-old daughter Maya.

And because in that time when I started, there was no social media, no technology like it is now it was 2004. So, I kind of felt alone and I said to myself, after Maya was born, there is so many women like us, like me that are going through these hell of time and emotional distress that why not to use my own experience to help them. And that's what inspired me.

Sarah: Wow. And it is, isn't it. Once you've walked that path yourself, once you've experienced it yourself, you can see the world through different eyes, can't you? And all those other women and couples that are suffering, you can really understand and really empathize. And it does sound like Monica that you went through a real rollercoaster there,

not just with the fertility treatment, but also the losses. And also, you mentioned difficulties in your marriage there. It's huge. Isn't it? The impact that fertility issues can have.

Monica: Oh, absolutely Sarah, it's something that can affect our lives from our personal life to our relationships, to, you know, it's all it is. It's an emotional, psychological, and mental stress that we are not prepared. I was not prepared. And I don't think that anyone is prepared because do you know, we as humans, we assume that life happens as, you know, not through that process, you know, they're not through a process, for example, that me, I'm going to live certain time. My kids are going to be growing and then I'm going to be happy to see them independent, and then I'm going to go first. You know, the natural process, but that doesn't happen. So when we go through these kinds of situations is very difficult and yes, it made me see the world in way in a very different way, more compassionate to the point that, you know, I get sometimes questions from same-sex couples, you know, or women that decide to be a single mum and they need to go through invitro, and I am here for all of them, you know, there is no judgment. There is no right or wrong. It's just simply support to anyone that is going through this difficult time.

Sarah: That's right, because yeah IVF, although we think of it as an infertility treatment, it's yeah. It's used for so many different reasons. And like to say donor IVF as well. It's vast now, isn't it? And it's increasing, you know, there are more people year on year having fertility treatment than ever before, for many different reasons, but also, you know, the higher age, I guess, of women when they try for their first baby, and all sorts of other contributory reason and yeah, that's their. That's the medical kind of solution and support, is the IVF and the fertility treatment, but I know what your focused on is the mindset and the emotional support and the difference that it can make. So, what, how, what kind of support do you offer then? How do you approach that, Monica?

Monica: Well, you know, again, same based on my own experience because you are knowing the situation you feel sometimes so lonely, and anxiety comes and there is the sense that you feel that there is no hope.

So somehow, yes like you mentioned clinics and our doctors support that part, that scientific part that you know, that, okay, let's see what we can do, but because of the same reason that they, and as you say, it's increasing so much now, fertility treatments for couples and women who will become parents. So, they have so many patients in treatments that they don't have that part of the emotional support. They don't have these support of having someone kind of preparing us mentally that, okay, look, you are entering this journey and you are entering a journey that is not easy. That is going to bring you on (...). That is going to bring you cries. That is going to bring you all of these emotional and mental pressure.

And you don't know what to do with that. So, I am there, that's the part that I do. So, I am kind of that connection between the clinic, between your doctor, and that emotional part that they cannot approach because of the same, recently so many people taking today and, and approaching these treatments. So, I am there to tell you. Not a lie. You know, it's going to be easy. No, it's not going to be easy because I walk that path, but I can give you resources and provide you tools that can help you, going a little ease on that. So, you know, I work on meditations. I work on art therapy, and I try to focus that journey in acceptance of, yes, this is difficult. I'm going to be aware. This is my awareness, but what can I do, that I can control to make this journey a little easier? Because there is. One thing we cannot control, IVF. Even trying to conceive naturally does not warranty us a baby. So that's the first thing I tell my clients, or my patients that come to me. It's not, I'm not going to promise you that you're going to have a baby, but what we're going to do is our best to work in your mind, in your physical wellness to increase the possibility of ending up with a baby in your hands. So that's the emotional, you know, they say that what we throw in the universe comes to us and it's so true, you know, I believe in that.

If I wake up today with the mindset that, oh, someone is going to rob me in the street, Sarah is going to happen, because it's there is the energy. So I try to help couples and women in creating balance between that positive energy and that negative thoughts that come with it. Why? Because the idea of the balance is not to create positive, toxic positivity, sorry. You know how it goes. It's very difficult for a woman or for a couple to say, Listen, you're going to get pregnant, don't worry. All over the world is crazy. Why do you want kids? It's very, you know, insensitive. So all of that, I'm there to tell you, okay, prepare for this, prepare for that. This is what you're going to see. All these difficulties come. What you can do to make it a little easier, to say okay, yes, I cannot fix this. So let me see what I can do to make myself feel better and increase that possibility and that same emotional and mindset support that I attract. It's not easy, but it's something that with practice and taking action upon every day, like baby steps, can bring us to a place where we can eventually have our baby in our arms.

Sarah: Yeah, I love that realistic approach that you have there to fertility support, you know, and how it needs to start with accepting, like really accepting, this is hard, and it may even get harder, you know? And, and that's where we need to be, don't we? Really understanding the impact and not minimizing it, not pushing it away, not denying it or thinking that we shouldn't be feeling so stressed, you know, really acknowledge this is tough. But then also to have those tools, those techniques, those resources, whatever it is, so that, you know, you're going into that path and you're continuing, but you have the security of those tools, those techniques, that support by your side, and it can make such a difference.

Because it's surprising to people, isn't it Monica, you know, when they try for a baby and like you said, you thought you would just get pregnant instantly. And I thought that too, and when it doesn't happen and then the emotional impact of that, we were no way prepared for that. You know, it's not something that women talk to each other about much is that we don't really understand what it feels like to not be able to get pregnant and to be grieving a baby that isn't here yet. But also of course, the very real grief, if there are, is pregnancy loss along the way and baby loss.

And I think it's one of the, well, there's lots of different types of grief, obviously, and it's hard in all its different reasons, but I think with grief on a fertility journey, that's tough because you need to keep, or you want to keep going, you know. You want to put yourself back out and try for a baby again and put yourself in that vulnerable position again, of being pregnant and not knowing how it's going to turn out, you know?

So, I'd love you to, I know you've got a lot of thoughts and a lot of support you offer around grief, grief for miscarriage, for even, you know, failed cycles, the loss of embryos and of course the, you know, the sadness that you went through as well Monica with your own stillbirth. And I know that you support people with that kind of late pregnancy loss as well so could you just talk a little bit around loss and how that can be approached?

Monica: Yes, absolutely. Sorry. So, as you said, you say it so like accurate a loss is a loss. So, a cancelled cycle is a loss because you are so, you know, into it and hoping that that baby's going to come. I went through that. My second cycle was cancelled.

A still birth. Oh my gosh, Sarah. That is, that is something that I don't wish to anyone, and you know, it happens in my family. One of my mum's sisters had a stillbirth and when I was pregnant from Isabelle, and I went through my last check-up at 39 weeks actually. She kind of stopped to move on a Saturday, yes on a Saturday, it was October 2nd, 2010. And she, you know, I didn't feel her. And I remember I told my husband, you know, I don't feel the baby. And he yes, but don't worry, remember that it happens with Eliya. It happened with our first IVF, and we went crazy. We went to, you know, to the hospital and she was sleeping. So, when he told me that, I kind of say, okay, you know what, might be true, I am getting too paranoid. But something inside still was there and that thought crossed my mind that, what if it's happening to me, what happened to my aunt? And you know, it happened, then on the

next Tuesday I went and she's measuring the baby and she's telling me there is no heartbeat. No. I asked her actually, please show me the heartbeat. She couldn't find it. I went with my mum, and it was crazy. They had to hold me, five people and the doctor because I went, like you lose it. And going to the hospital, knowing that you're going to have a baby, but you're going to come out empty hands. It's a trauma. This is a trauma.

So, a grieving process is something that is very difficult to go through. No matter, you know, what kind of loss we have, you know, when we lost, I always said this. When we lose our parents, we are orphans. When we lose our wife or husband, we are widow/widowers. But when we lose, when we lose a child, there is no name for that, so the pain is unbearable.

And I'm not gonna lie to you. I thought about taking my life because it's a pain that I don't. It's something that, it doesn't go away. I still carry that pain of course through the years, it's a scar that is there. But I look at a different view, I look at it as something that gave me a lot of strength and taught me so much about myself, about life and about. That there is times in life that things cannot happen for whatever reason.

So, what happened is that after that loss, the first thing that like you, you said, I want, I want to move on. I want to continue. I need to do another IVF because I want to have that baby. I cannot live like this, emptiness, you know, what is to wake up crying because you don't have a cry that wake you up from the family, but you need to wake up because there is not there.

So, it's a process and each person, each individual, each woman, each couple, if each parent that go through this kind of loss of a child, they need to grieve. And it's a process that must happen. And it comes first of course, with denial. You know, I thought Sarah, that I was dreaming. I used to go to sleep and praying to God that I'm going to wake up and I'm having a nightmare that this is not happening.

That's the first part of grieving is part of the process. After the denial, it's calm, you know, like kind of an acceptance. You are moving on. And I took it in two ways, you see, I thought about taking my life and I am very open saying this because it's a normal thought, it is not a bad thought. Don't feel that you are a bad person, because if you are having certain pain, especially losing a child, you don't want to leave because it's a very terrible feeling. It's a pain that nobody understands unless they go through it. So, but at the same time, I didn't do it because you see, I am so scared of the physical pain. So every time I will think about something to do to myself and not feel that pain, I will go over and think too much, which I am grateful for because that's why I'm here.

And then acceptance. And then we have a community, you know. My husband was supporting me, even though he didn't heal the same way, he didn't grieve the same way. And that was one of the causes that kind of tore us apart and start to break our relationship because I expected him to grieve the same way like I do, but it's not possible.

So, all is a process. And I will tell anyone going through this kind of loss, if you overcome that loss, trust me it is an achievement because life is going to show you what you're capable of. Of course, Sarah, as you say, a loss is a loss, but as the time goes by more, the pain is stronger. So, for me, for example, my stillbirth was super strong because it's like you have a baby complete, right? And it's dead. Now it might be for a father and a mother that lose a child at 5 years old, or at 8, or 18 it's absolutely much more stronger because memories, you know, all of that.

But like you say, loss is a loss and the best thing that you can do when you are going through the loss of your cycle, to a miscarriage, to a stillbirth, is you must grieve. Allow all the feelings that you are feeling, all that pain, that crying, that disempowerment, are normal. You are, don't even, you know, like, because when you are, there is like, you don't want to

feel them. I've been there. They are there, they are there, and there is no other way to grieve.

So, some people overcome the grieving and some people it doesn't. And yes, I have cases of mums that have stillbirth and lose a child and then eventually they take their own life, which I don't judge to, because that was their solution to don't feel that pain. Mine was somehow overcome that feeling also of taking my life and move on and continue.

One day I woke up and I say, you know what? Yes. If I have to cry, I'm going to cry. I'm going to cry as much as I can because that's what you're feeling. So, there was days that I will feel terrible, and I will cry all day, and there was days that I will feel normal. And maybe if someone make a funny comment, I will laugh. And then in the back of my mind, I'm saying to myself, I said, how I can laugh? Just two weeks or two weeks ago, I lost a baby. I am a bad mum. All of that is part of the process. And the most important thing Sarah is don't put yourself so lonely, because when we are alone our mind go crazy and we think crazy thoughts.

So, try your best to on list with someone, mum, husband, friend, if it is not in a personal thought, talk to someone. Feel, you know. It's very important to let out what we are feeling. And personally, sometimes we don't need no one to come and tell us, I'm sorry, or give us advice, but we need someone to give us a hug and just, you know, hug me and cry on their shoulder of that person that is with you.

And then after the stillbirth, I have my miscarriage at seven and a half weeks, but it was so obvious that it's going to happen. I wasn't emotionally a wreck, physically my body was basically still with all the medicine of the, of the past cycle, because I jumped into IVF almost two months later.

And then all of these broke our marriage into a very, almost a crumble state. We were both with lawyers and then, you know, our rabbi in our synagogue, sit with us and say, okay, just answer a simple question. You guys love each other? Yes, or no? No. Okay. So go separate ways, and co- parent in a civil way. But if there is love, first and work on your relationship. I don't know why God is giving you this. But you have a child, you went through divorce, and he told me, you are very selfish thinking only about your pain. And he was like a hit in my head. I'm like, yeah, he's right. So, we start to work on our relationship, and we did our fifth cycle.

A year later, we worked a year completing my relationship with my husband. And then we did our fifth cycle, and it was, that's when I started to think about helping and doing what I'm doing.

Don't get me wrong, Sarah, once the baby, once Maya start to move, I didn't leave that baby alone. I learned to count every single movement. I knew even when I was sleeping, at what time she will move on. If she will not move at 2.30 in the morning, I will go and take juice, chocolate, whatever. I will wake up my husband. It was crazy from about the week 22, up to the end. Because that is a trauma that I carried on. I didn't tell no one only my mum and my husband knew in Columbia, my country, my birth country, nobody knew. They even thought that I was adopted, that I adopted Maya, it was so funny.

Because I want, you know, I was so traumatised from the stillbirth that I say, I cannot. I'm not God, to know that my baby's going to be born alive, so I do everything in the world to keep her moving. And when I have her in my arms, then I'm going to say to the world, you know, I have my baby.

That was the, the part that I still carried from that trauma. And, and I carry it, she's you know? What healed that was the bond of Maya. I felt somehow disconnection that that gave

me back the soul of my Isabelle, in a different vehicle, in a different little body. And that helped me a lot into my complete healing.

But again, it's healing, but the scar is there. Just on October 5th and last Tuesday, if Isabelle be alive, she would be 11 years old, and he was a little pinch in my heart. It is.

Sarah: Thank you, Monica. Thank you so much for being so honest there with your story. Because I think it's really important, we talk about these things, you know. And not shy away from it. You know, all the really difficult conversations.

With grief when you were talking about the, you know, the different stages that you go through, and that we need to feel those. We need to fill them, don't we? So we don't get stuck at any particular stage, you know. Because if we're stuck with the denial, or we get stuck with the anger, we're not going to move on to a place where we could even consider, you know, healing, and trying to conceive again. So, it's really tough times to go through. And I think what you said there about knowing that you have that support around you, you know, telling whoever it is, just having people to talk to, people to hold you while you're experiencing that pain, is so, so important.

And you did mention about, you know, how we can become stronger from this, you know, and if we survive it and we get through it, you know, and we, we are here like you are, you're here to tell the tale, you're here to share your story, to support others. Then of course we've gained something huge there, haven't we? We've really overcome one of life's biggest challenges, to have any kind of loss, especially of a child.

And that is, yeah, it doesn't feel like a gift of course. But It's something that we can take away, that we don't know what we can do with that. You know, how is that going to strengthen us moving forward? Being a parent, being a good friend, you know, being a sister, whatever, you know, it's like, it's going to give us that true insight, isn't it into the human experience and how we can support people. How do you see it as making us stronger? You know, what can we take away from both fertility struggles, and loss to make her stronger?

Monica: Well, you know, so I think, definitely, you know, that we humans are you here for a reason? I always, I think that we are spiritual beings having a human experience because you know, on our spiritual level, everything is kind of perfect. And, you know, home, call it God, consciousness, whatever you want to call it. And somehow that spirit of us came to this earth to life this human experience that is not easy. It's absolutely not easy. But it's a learning experience. So, once we are going through our process of grieving, you know, it's, it's few stages like I mentioned. The shock and the denial. It's our first, that it's, it's, it's very, it's...We have to feel it, like you say, the pain and the guilt, always thinking what did I do wrong? Oh, I carried my daughter when I was five months, my eldest daughter, so it was too heavy. I did it. Very normal. I felt that so many times.

And then after that guilt you feel angry. I got to a point that I even asked my rabbi, is it okay that I'm upset on God? That I feel that maybe what is he to these, to allow this to happen? And he said it's absolutely. Okay, and then when, you know, like I said, when, I thought, when he told me you have a daughter and you know, you are being very selfish, sometimes we need like a slap in the face from love, tough love, that woke me up.

I say, yes, it's true. You know? And he told me also, I don't think that your daughter, the one that you just lose is going to be happy to see that she forgot about being a wife and mother, because she didn't want to cause that pain. So I think that always, that his words from that people around you that kind of wake you up. And when we are awake, when we kind of click in our brain, that little loop, and we find, oh my God, it is, so is so true.

We are in the last stage of the grieving, which is acceptance and hope. And acceptance is okay. Yes, this happened. And again, if you're going to cry every year on the anniversary of your daughter or son, or your loss, or she will be 1 years today, or 18 years today, or (...), but in eight years it's going to be 16. You always gonna have that pain.

The, I will say the tool, the secret on that is like, In that moment, where every year comes at a moment, remember that you passed already a year. So you accepted and you have hope. And that hope is like you said, in the beginning, we don't give up.

So, I went to do another cycle and when we leave this, the last cycle with my husband, we say, we are not going to do anymore. If we get pregnant, amazing. If we don't, we stay with our daughter and that's what we accept. So, once you accept and you have that hope. Just the fact that you have hope in your mind, that is a big, big, big tool of strength because, you know, hope is what keeps us moving on in anything Sarah. And I just give you an example. It's the world is crazy, but I still have hope, you know, it's something. So that hope that acceptance when we are losing a baby or when we have a miscarriage and when it's coming along with infertility. Somehow, it's telling us something, it's telling us you know what. You are good for this.

Look how many people you, me. We are out here trying to help others that went through the same path that we went. So, you know, keep moving and don't give up. And don't give up means, like if one day, a couple decide, okay, we did everything possible to be parents. We couldn't. And we decide that's it we are not trying anymore. The fact that some couple decide to try to don't try anymore and to stay with our children, doesn't mean that they gave up. They just simply decide that because they found that maybe it's not for them anymore. They don't want to go through that suffering anymore. And they want to move on with life, with something else.

That is also a choice that when some client or some person come to me and tell me, Monica, you know what? I did everything. I think I'm going to be done. I'm not going to discourage them. I will tell them if that's what you feeling, that's what your inner voice is telling you. And you think that you can move on and heal that losses that you have in not having babies. So, move on. Go ahead. That's not giving up.

So, you can always being realistic. Look at life like okay, we have this, accept what you cannot control, and see what you can do that is inside your circle, your spirit, your mind, that you can control to make it better again, that goes to the same point Sarah.

Sarah: Yeah course, that's something we can carry through life, whatever we're facing, isn't it? You know, absolutely accept what we can't control, but then take back control over what we can.

And yeah, like you, I've met many people now who have made decisions along the way that they didn't think they would be. But when they're making that decision, perhaps to stop going through fertility treatment, to stop and not have children, or maybe with the one child and not add a sibling. And when you see them find that place of peace with it. And actually, know that they are going to continue living their life, and they are going to live it in the best way they possibly can. And acceptance of, you know, this is how it is now. It's quite or inspiring to see, you know, that someone can step into that place. And I think we all can, you know, whatever life throws at us, I think we can all find our more peaceful way through it, you know? And that's so empowering.

It doesn't mean it's always easy, but you know, to have that hope, and that connection, that there is a way I can be at peace with this and be comfortable with whatever is happening and heal. Then yeah, it gives us that motivation doesn't it, and that connection to our future? And that's why I wanted to speak to you here, Monica, because I knew you'd have wonderful

words of support, you know, for our darkest times on this journey, but actually, you know, what is possible, and how we need to keep that hope alive and that connection.

I know that you have all kinds of support that you offer. And on the podcast page, I'm going to put the links to your website and your Instagram. And also, you had a couple of free downloads, didn't you? Of some tools that you're using with your clients. Could you share what they are, please Monica?

Monica: Of course, Sarah, all of these for your audience, for our audience. I'm gonna have three series of meditations that I'm going to send to you and also harmony colouring, fertility colouring because one of the things that I apply, that I start to work on when I was doing my last cycle, was art therapy. It's well known that when we wake up our creative side of our brain, it helps us so much, so much in changing our mood, in putting us in a better place, in making us a little bit happy.

Remember something, there's something I wanted to mention. Serotonin is our happy hormone. Right? And believe it or not, we always, I always thought that serotonin was produced more in our main brain in our head, but he's not right. Serotonin needs to be produced 70% in our belly. So, when our brain is happy, our belly is happy. When our belly is happy, our organs, all our fertility organs are there, are ready to receive. So, like you said, two minutes ago, it's easy to say very difficult to take action, open it. But once we start, even with a little step, we are taking action, open it, and we are helping ourselves. In the end, Sarah, we, you, me and all the fertility coaches out there, we can be supportive, and we can offer all the tools, but in the end is the decision of the other side to say, okay, I'm going to take this a step and see where I can get.

You know, we are here, we support, but he's in your hands what you can do for yourself and make it a little bit better and balanced. Remember it's not about being right or wrong. There is not extreme here. There is no black or white is centre. It's being balanced. Acceptance. You know that you are not working at an easy journey, but at the same time, you're going to do everything in your hands to make it a little bit peaceful and easy, you know, take the bumps and the stones without hurting too much your feet.

Sarah: Yeah, I love that. And it's taking ownership, isn't it of your own life and your own experience. And when a gift is given, like you're talking about then, Monica, these tools that you have with the meditation and the colouring, the arts, you know, if we can bring in those that support and start using it and finding out what works for us and what supports us then, yeah. It brings back ownership of our life, doesn't it? And the experience we have no matter what is going on around us.

So, thank you so much for offering those free gift downloads. I will put the links to those and to your website and your Instagram on the notes of the podcast. So wherever you're listening, and you'll be able to click on those on apple, on Spotify or on my website.

And you'll be able to claim all of that free goodness from Monica. Thank you. Thank you so much for joining me, Monica. This has been, you know, a difficult conversation, but a much, much needed one you know. If you know what I mean, the topic is hard, but we do need to go there you know, and I know that many of our listeners will have had experiences that they can relate to with what you're saying and I really hope everyone listening in, that you've, you've gained some, some, you know, huge compassion and some strengths from Monica's words. And it's been so lovely to speak to you. Thank you for joining me, Monica. Thank you.

Monica: Thank you, Sarah. Thank you for having me. I want, if I may say one last thing - To couples, if you are a couple, because as I say in the beginning, you know, there are some mums that chose single parenting that you are a couple, no matter if you are same-sex or

(...), remember something, don't let the fertility journey affect your romance. Always remember that somehow you need to put a little bit spicy. That also makes you happy. Don't let this affect the two levels like it did to me that we almost got divorced. And thank God we woke up, but make sure you put the best of you to balance a little bit of a journey. And Sarah again thank you so much. You know how much I love you? I always enjoy talking to you.

Sarah: Thank you, Monica. Bye.

Thank you for joining Monica and I on the fertile mindset podcast today. If you would like to stay in touch with Monica, you can follow her on Instagram @MonicaBivas and in the podcast description, you'll find links to receive her free meditations and fertility colouring sheets, which I hope you enjoy using. I look forward to speaking to you again next week.

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.