



EP 049: 3 Empowering Steps to Take Back Ownership of 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. This week I was having a bit of a tidy up of recordings from previous talks and events I've held and came across this talk from an event called Your Empowered Path to Parenthood. In the talk, I shared how it's important to feel empowered of your fertility journey, and the 3 steps you can take to go from feeling out of control and disempowered, which is a common place to get to, especially when trying to conceive has been medicalised, and get back to feel strong and empowered, and having ownership of your fertility once more. I hope you enjoy listening to this and do listen to the end where I'll be back to share how you can be supported in implementing these 3 steps.

What I'm going to be sharing with you today, is three empowering steps to take back ownership of your fertility journey. Now, the reason I chose this topic was because I do see people feeling very disempowered on their fertility journey.

Now, the reason I chose this topic was because I do see people feeling very disempowered on their fertility journey. Now, of course, if they didn't usually start out that way at the beginning, when they decide to try for a baby, they're still very much in control. They feel in the driver's seat, they've made this decision, they're going to have a baby. But, as they realised that it's taking longer than they hoped, and sometimes a great deal longer. And perhaps they don't know why, at least at first, they don't know why it's not happening. They feel confused, they feel at a loss and any empowered feeling that they had just begins to dissolve away.

And then they decide to go to the doctor. And you may remember that time yourself, you know, you decide to go that first important appointment with a doctor. It's not only admitting that we have a problem trying to conceive our baby and that we can't solve it by ourselves, but it also feels like a kind of handing over of our fertility journey to the professional.

That's how it can feel. And it can be how actually it can be sometimes. And it can really alter how then you approach your journey. Because if you've given ownership to those professionals, if you're kind of washing your hands and saying, look, you've fixed me. It feels

now like it's their problem to solve. And if answers can't be found, you can feel like anger and frustration coming up towards them because let's be honest, it's easier, isn't it? To direct frustration away from us and towards someone else or something else, isn't it?

But when we feel like we've handed over our fertility journey, and where we kind of feel like we're less involved in some ways as well, we might feel disconnected from our journey in some ways we may feel overwhelmed. And like, we don't really understand everything that's going on now because it's all wrapped up in medical terminology. And then we feel fearful when we do try to research it ourselves because that becomes overwhelming and it's a massive journey in itself.

And it becomes something else then, sometimes, you know, when you're in the middle of that, it's, some people describe it as being like a monster that they've created, and they don't know how to tame it. They don't know how to get any control back over this. And this is why taking steps to take back ownership of your fertility, I believe is so important. And why I'm covering that today.

Now, when you feel disempowered, you can spend your whole time feeling overwhelmed and feeling. But when you are empowered or a part of the journey, in fact, you're at the centre of it, you are it, aren't you? And everything, and everyone else is there to support you and your purpose. You're working together as a team; you're feeling comfortable engaging that support. And you may also feel when you'll feel empowered, that you have good rational perspective on what's going on. You know, you're, you're connecting with a level of hope that feels motivating, but also feels realistic and comfortable, you know, to have that, that hope on your journey.

The difference between feeling empowered and disempowered on your fertility journey, to me, is like night and day, they create such different experiences for you and different realities. And what I want for you is to feel empowered and to take back ownership of your journey too. So I'm going to share these three steps with you to take. And if you do each of these, I guarantee that you will. So much stronger, so much more able to face challenges, and therefore I feel more likely to overcome them. And still strong and resilient as you do.

So, so are you ready for these three steps?

Okay. So these are three key areas of your fertility journey that if you can take back ownership of these, you're going to have the biggest positive impact.

So the first one. Is to own your support team, take back ownership of your support team on your fertility journey. Now, what this means is to choose your support team, the people who support you on your fertility journey, very mindfully and carefully.

Now it's not always that way, sometimes the people who are supporting you are the ones that are naturally already there. Perhaps that's your partner, your mum, your best friend, and your clinic or whoever else is naturally there on your journey. And some of those may be great supporters and others may not really be giving you the support that you exactly need. So what I suggest is that you let in those who truly support you, and now this can be made up of anyone. It can be friends, family, colleagues, it can be professionals, including your fertility, doctor, nurse. It could be a therapist acupuncturist. And it also could be people that you meet online, people who are also on a fertility journey. And when you start widening your net and finding people and connecting with people online, just as you are here on this online event, if you've joined us in our private Facebook group, then you'll find that you start finding your people. You know, the people who really get you, the people who are on the only on a similar path as you, but also really understand your mindset and your perspective and your priorities.

And these people, the ones who are in your support team and the ones who are closest to. You don't have to explain yourself. You don't have to justify your feelings or hide any part of you. So what I suggest is that you take ownership of that support team and create a rich and varied support team. It can also include other things, you know, outside of the people, it can include your pets, and animals, you know, a lot of people tell me they love having their cats and their dogs nearby them when they're meditating. And that's the one they want to see at the end of a hard day, you know? Absolutely, they're part of your team, if you have those tasks at home, but also you could intertwine things into your support team that are not actually people at all, the things or activities, the things that you love to do, things that you can fall back on that gives you joy. You know, maybe it's a favourite place that you like to visit. Favourite activities that you can really lose yourself in that bring you such happiness and joy. Be creative as you create your support team and know that as you're doing that, these are going to be people, things, animals, whoever it is, people that are going to have your back and are going to be there for you and give you the support that you need.

So why not get a really big sheet of paper and put you in the middle of it? Because remember you are in the centre of this journey and create your support team around. The people, the things that are going to give you the support that you need as you continue to navigate your fertility journey. So that's number one step to own your support team.

Now, my next step would be to own your emotional response. Take back ownership over your emotional response. And what this means, first of all, would be to start noticing what triggers you and how you respond to emotionally. What outside things are triggering you internally and giving you an uncomfortable, emotional reaction, whether that's stress or anger or frustration or sadness? And ask yourself whether this reaction could change, whether that feels possible, and whether you would like it to change, and if that does feel possible to actually get to that point. And also see what would a more supportive, emotional response be if it was possible?

So just set that aside - whether it's possible or not. How would you like to respond in that moment? Now, remember the outside triggers we can't control, what other people say, what other people do, they are going to carry on happening. But the response, that's within us, we have the ownership of that. And then even just acknowledging that and remembering that does take us a big step towards owning it and feeling empowered to begin influencing it as well.

So also have a note as well. This might be something you'd like to journal on, but are there times when your emotional response feels more sensitive? When you will feel more vulnerable? And that's okay. It's good to recognise that because we do have our natural ebb and flow in our reactions, and you can allow those feelings, you know, don't try and push them down because they will still be there. Instead, allow those feelings, but at the same time, empower yourself with some go-to techniques and tools that give yourself a choice next time, you know, it's, it's, you know, you recognize that emotion being triggered, but then you have a tool that you can use to empower you and to work through that emotion.

Now, EFT, As I briefly touched on emotional freedom techniques is a perfect tool for taking back ownership of your emotional response and helping you discover your own most healthy and natural way to process those challenges as they come up, because they are always going to come up. You know, they're not going to go anywhere, but you can find a way that you can deal with those.

So what is EFT briefly just giving you a brief description of this EFT. It stands for emotional freedom. It's also called tapping. Sometimes you'll hear it called Meridian tapping. And this is because it does use the Meridian system, the Chinese meridians that also used in acupuncture, acupressure, you may be more familiar with them from those therapists and what we do with the EFT is we tap on the endpoints of all the major meridians, with the idea

that we're balancing the entire energy system within our body. Because the theory behind the EFT, is there any negative emotions we experience are caused by a disruption in our body's energy system. Now, if we imagine that energy system, those lines, those meridian lines, a bit like our body's inner electrical wiring system, you know, it can help me to understand it in that way.

And if we have a disruption going on, that's causing the negative emotion, then it's a bit like a short circuit or a power surge in our body's electrics. So, what we're doing is we're tapping an endpoint of each of those major meridians. So all points on the face, the upper body and on the hands, we're catching those points with our own fingertips while we're in that moment of an emotional distress. And we're sending an impulse down each of those major Meridian lines through all of our electrical wiring, our energy pathways, to rebalance our whole system while we're in that moment. And what it's doing is it's rebalancing. It's taking you back to your natural emotional states, and that's often to look at things in a much more rational, logical, calm way, not to be overwhelmed by strong negative emotions that stop you, you know, looking at things clearly, making good decisions and also get you into a state of fight and flight.

So once we get to these results with EFT, often they are immediate, they're long-lasting and they're real results, which is why I love this technique. You know, they feel normal, natural, and authentic place to be. It's not like a false positive state that your kind of just convincing yourself you feel. You're actually releasing and shutting the emotional state that you don't need the negative emotions and getting back in touch with your own natural, most supportive, positive, emotional state.

Now it's important to learn the technique well so that you get the results that you will be able to get with this. And you can learn that either with a practitioner like myself and then you can go on and use it as a self-help tool whenever you need, you know, feel that stress whenever anything arises up. And that is absolutely empowering and gives you that complete ownership of your emotional state and your wellbeing every moment of every day.

So it is important to learn this technique well, which is what I'm going to introduce you to towards the end of this talk today. And we'll talk about that more shortly, but I'd want to be able to introduce you to this in a way that will make you feel. Yeah, I can use that, and I can get results. And it's given me a tool that is so useful. So before we go into that, let's go on to step number three, taking back ownership on your fertility journey.

Step number three is ownership of your decision-making. To own your decisions that you make on your fertility journey. There are often lots of decisions to make, aren't there? As you, as you navigate along, it may be initial decisions about tests, about which clinics to consult, about treatment options, about how long you will actually try it on each path, how long you will try naturally before you look at fertility treatment, and maybe how long you will try for your baby completely, and maybe switch to donor treatment, adoption. There are so many decisions that come up.

And it's worth remembering and reminding yourself that these are your decisions to make because it doesn't always feel that way, does it? You can feel like you're being pushed and pulled in all directions. You know, you're being given information and opinions by your doctor, by the clinic, by friends, by family, and of course, your own inner voice battling it out as well. And the decisions that you need to make aren't then always easy. And of course, decisions, aren't always easy. It's not always clear cut. There's not always an obvious route as to what is best until you actually try, especially on your fertility journey. But what is the best way to make a decision then? How can you take ownership back?

So what I suggest is that you take time to strip back the worries, fears, the anxieties surrounding the decisions, and also that unnecessary self-taught that's going on in your

head that's just confusing you. And of course, other people's opinions, especially when they're kind of uneducated, should we say, and uninformed decisions, people who don't actually have any expert knowledge of fertility or don't really understand the path you're on, they'll still give their opinions and it all kind of clutters up your mind as you're trying to make a decision.

And if we strip back all of that, you're going to get back to the bare bones of what you need to make a good decision. And that will be good facts, it will be your instinct. And to connect your, your heart and your head, you know, to think clearly, but still check in with your inner response, when you look at each of the options. So that you can then connect with, well, what am I drawn to most, and what feels like the right decisions for me, looking at all the facts and the information I have here.

And you can only do that if you free yourself of the excess thoughts, the excess feelings, that aren't helping. So EFT, once more, that we just mentioned EFT is a great tool for supporting you in doing this. In fact, there's a whole protocol that you can follow just for clear decision-making. And it does make it so much easier then to go on and make good decisions that you feel good about, you feel committed to, as you continue to navigate your path to parenthood. Because when you feel committed, you're more likely to stick to that path, and not kind of dabble and try, you know, fertility nutrition for a month, and then you try acupuncture for a month, and then you might look at IVF and, you know, you're kind of all over the place sometimes when you don't feel aligned with the decisions that you're making. So I believe it is really important to take ownership of your decision-making.

Now we mentioned using EFT to get you there, and also EFT to help you take ownership of your emotional response as well.

Now at this point in this talk, I shared about a class I was running at the time to learn EFT, so you use it to help put these 3 steps into action. The good news is that I have even better free resources and support now than I did before! You can learn EFT directly on the podcast, within episode 20, which you can find by scrolling back wherever you're listening to this podcast. So that's episode 20 you're looking for to learn EFT right here. And also, if you haven't yet joined the Fertile Mindset Sanctuary, you are very welcome to join now as a free member which will give you instant access to an online class called Fertile Mindset Mastery and other resources to quickly and easily learn EFT and start using it as valuable emotional support on your fertility journey.

As a free member of the Sanctuary, you'll also receive weekly Tapping Tuesday emails from me, on - you've guessed it - Tuesdays, where I share a tip with you to use EFT for positive mindset shifts and emotional support. There is also a PAID level of Sanctuary membership. This is currently closed to new members, and the next enrolment is happening in early 2022 so join now as a FREE member, and if you like what you see, you'll then be first in line when we open to new members in a couple of months. Go to <https://www.fertilemindset.com/sanctuary/> to sign up now and start using EFT with my support.

So that's it for this week on the Fertile Mindset Podcast. I hope you enjoyed listening to this sharing of my talk, and that you enjoy putting those 3 steps into action so you can feel empowered on your fertility journey. Speak 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.