



EP 060: Three Questions to Create Your Emotional Support Plan

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 to the Fertile Mindset Podcast! I hope you are well, and if you're listening to the podcast for the first time, maybe after us first meeting at the Summit last week, then I'd like to give you an extra special welcome! This is episode 60, so there are lots for you to look back over and listen to, and I hope that you find being a listener to this podcast gives you support and understanding on your fertility journey.

Now, this is the first podcast I've recorded since the Summit last week, and also the first one since I got Covid, which happened on the first day of the summit which was amazing timing! But I am feeling well now, and my voice has come back, although I may still sound a little croaky and I promise to edit out any coughing as you really don't want to hear that!

With that in mind, I decided to record a shorter episode today, but on something useful and practical, especially if you are wanting to know how to bring emotional support into your fertility plan, and make sure that it is a thorough and effective way to approach emotional support.

For emotional support to make a real positive difference to you and your experience of your fertility journey, it needs to always be present and to be consistent. And it also needs to be realistic and easy to step into.

So, I have three things to think about when you're formulating your own emotional support plan, and I've created questions that once you've answered, you will have your own plan. Super easy!

Ok, so question number one. How will you support yourself with the emotional aspects of fertility? What can and will you do, often and consistently, that you know supports you through the emotional ups and downs? What we're talking about here is self-care.

Now, we often think of self-care as being a pampering, luxury kind of thing. You know, bubble baths and pedicures, and buying yourself flowers. And whilst all those things are nice and yes, do include the ones that make you feel special and loved, I'd love you to broaden your ideas on self-care too. Think about boundaries you set with people. Saying no when you need to, and yes when you want to. Think about how you can connect with nature on a

regular basis. What you can do to quiet and still your mind every day, ideally throughout the day. Just taking a breath, a short meditation, allowing your mind to become still. Are there things you can do that you know feel like self-care to you? Make a list, choose a top 5 of things to do. And if you joined us at the Summit last week and used EFT with us, maybe for the first time, then EFT – Tapping – is definitely a tool to keep in your self-care box, and to bring out and use frequently. Make a promise to yourself that whenever you feel emotionally stressed or triggered you will tap. Or that you will tap as frequently as you brush your teeth – 5 minutes in the morning and 5 minutes in the evening. Because the health of your mind is just as important as the health of your teeth, am I right?!

The second question to ask yourself to make a really good emotional support plan, is do I have people around me to support me? Do I have the right kind of people and enough of them, that means I always have support, a listening ear or a shoulder to cry on when I need it? What we're talking about here is your support network or support team.

You may have been flying solo for most of your fertility journey, or only shared what's happening with you with very few people. But please know that having the support of others, people who understand, who care to check in with you, who you don't need to explain or justify how you're feeling to, these people are pure gold. And like gold, they're not always the easiest to find, or the usual people that you have around you. But they are out there, and we are more connected than ever to anyone and everyone all over the world, so use that technology, those connections to find your people.

As you'll have heard me say on this podcast before, I found my people via an internet forum before Facebook, Instagram or social media of any kind existed. They are people who were by my side through every setback and were there to celebrate with me when my babies arrived too. And now it's easier than ever to find your crowd. For the Summit last week, we had a private Facebook group of a few hundred people, all coming together with a shared focus on their emotional wellbeing while on a fertility journey. These people were diverse in every way imaginable, but the common thread of a shared experience connected them deeply. It was beautiful to see, and I know people have been messaging each other, keeping those connections going. This is what I have in my membership group too, the Fertile Mindset Sanctuary which means that whenever anyone joins, they know they're becoming part of a gang of people who are on this journey together. It's reassuring, it's really comforting, and it can bring so much into your life to have people who understand and give you the right kind of support. We've talked about the possibilities in the online world here, but of course you may come across those pure gold people in your day-to-day life too. The more of the right people you add to your support network, the stronger and more supportive it will be. If you would like to join our Fertile Mindset Sanctuary group, you are very welcome as we're currently open to new members today. I'll share more about that at the end of this podcast.

Ok, and lastly my third question to you is: If things get tricky, do you have somewhere to go for specific, guided support? Self-care and a support network are both vital and they give you a strong foundation and a daily, consistent way to connect with emotional support. But there are times when things get really hard, or maybe past hurts or traumas come to the surface and need attention. Knowing when and how to reach out to professional support is an important part of any approach to emotional support. So, when you're writing your answers down, and creating your emotional support plan, write down all the people and places you could go to for additional support if needed. Again, the way we are all connected now and can search for absolutely anything, means that you can choose to connect with support that is informed about fertility issues. Because there's nothing more frustrating than meeting with a coach, counsellor or therapist of any kind who has no understanding or empathy for fertility issues. I'm not saying that those who don't specialise in fertility never have understanding or empathy, but that it is worth researching, even interviewing who you intend to work with first, so you know that the therapeutic space is going to feel safe and supportive for you. And of course, last week at the Summit you were introduced to some

amazing people who have deep understanding of fertility issues and will understand you and your situation. I put myself in that group too, as someone who has both lived the experience of fertility issues and also has supported many, many people which has given me a huge amount of understanding and empathy for anyone on any kind of fertility journey.

And this is where I would love to tell you about the Fertile Mindset Sanctuary, and the fully supported BLOSSOM level that is open to new members just for today now. You'll hear me talk about the free BUD level of Sanctuary membership on every podcast, as that level is always open and is a great starting point for using EFT as a technique for emotional support. And the BLOSSOM level then opens up all the other support in the Sanctuary – a huge library of self-help, self-care resources – which can be the answer to that first question we started with, of How will you support yourself with the emotional aspects of fertility?

Within the membership you're also welcomed into our lovely private group on Facebook, where you can meet the other Sanctuary members, ask for and give support, and become part of this lovely close-knit community. We meet twice a month on Zoom for our Sanctuary Support Circles, and I hope to get back to our in-person meets ups soon too. This is how being a member of the Sanctuary can give you the support network, the support team that is so important.

And that last question of whether you have somewhere to go for specific, guided support, for professional support when things get tough. And within the Sanctuary you have my support and guidance – within the group, within the Support Circles, and in one-to-one support sessions with me, which are discounted for Sanctuary members.

So, I would love to invite you to join us in the Fertile Mindset Sanctuary, on the fully supported, all access, absolutely lovely BLOSSOM level which is only open now for a few more hours, until 7pm UK time today, that's Thursday 10th Feb. And then we'll be closed for a few months, until we open again.

Another option I want to give you now is the chance to buy a VIP ticket to the Fertility Stress Solution Summit that happened last week. The VIP ticket gives you all 19 sessions from the summit on both video and audio, a beautiful Tapping Scripts PDF booklets from all the sessions, and also 30 days of free membership inside the Sanctuary on the BLOSSOM level. Sanctuary membership alone is £29 a month, and the VIP ticket to the Summit that includes your first month of Sanctuary membership is great value at £49. I'll pop links to both in the text, and I'll give them now too. For the Sanctuary membership alone or to read about the sanctuary, go to www.fertilemindset.com/sanctuary and for the Summit VIP ticket which is amazing value, go to www.fertilemindset.com/vipticket

So, that's it for this week. I'm so pleased that my voice held out for so long, and I didn't have to stop recording for a coughing fit, and if you join us in the Sanctuary, I look forward to seeing you there. We have our usual Support Circle tomorrow, with the addition of a welcome party for our new members too. So maybe I'll see you there!

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.