

Infertility: Navigating the Emotional Rollercoaster

Key Takeaways

1

The Emotional Journey of Infertility: Navigating Emotions



Shock



Anger



Frustration



Helplessness



Grief



Denial



Acceptance

2

Self-Care & Communicating Needs: Taking care of yourself during infertility



Consistency over intensity

- Small, sustainable habits matter
- Routine and predictability help restore a sense of control



Go back to physical basics

- Physical basics (sleep, movement, nutrition) support emotional wellbeing
- Physical depletion intensifies emotional distress



Emotional basics: Boundaries

- Improve people's receptiveness to your boundary by using "I" statements
- Boundaries support long-term sustainability

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Healthy Coping Mechanisms: Tips to cope with infertility



Cognitive Reframing



**Building Emotional Support:
Partners, Friends & Family,
Support Group**



Mindfulness

Need a bit more help?

Speak with your coach to explore ways to navigate the emotional impact of infertility, practise self-compassion, and communicate your needs.



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

