

Infertility: Navigating the Emotional Rollercoaster

Infertility is a deeply personal and often complex journey, marked by waves of hope, disappointment, and uncertainty. This session provides a safe space to understand these emotions while equipping participants with practical tools for self-care and communication.

Participants will learn to normalise the emotional impact of infertility, build healthy coping strategies, and strengthen support systems—navigating the journey with greater self-compassion and resilience.

Learning Objectives

- Recognise and normalise the range of emotions experienced during infertility.
- Apply practical self-care principles to support emotional wellbeing.
- Build healthy coping mechanisms and communicate needs effectively with others.

Content Outline

The Emotional Journey of Infertility

- Grief: Processing loss, unmet expectations, and ambiguity
- Frustration: Managing lack of control and repeated setbacks
- Isolation: Navigating feelings of loneliness and disconnection
- Common mental health challenges

Self-Care & Communicating Needs

- Consistency over intensity: Small, sustainable self-care practices
- Returning to physical basics: Sleep, nutrition, movement
- Communicating needs and setting boundaries with others

Healthy Coping Mechanisms

- Cognitive reframing: Shifting unhelpful thought patterns
- Building emotional support: Partners
- Building emotional support: Friends & family
- Building emotional support: Support groups
- Mindfulness: Staying grounded in the present moment