

Fertility Unwind: Stress-Busting Challenge Day 1



Where are you
experiencing the
most stress right
now?

Trying to conceive a baby when you are facing many obstacles can be one of the most stressful moments in your life.

And it can be very overwhelming until you feel like everything is stressful!

The best way to set yourself up for success in unwinding that feeling of being overwhelmed is to have awareness of what things are keeping you where you are and set your environment up to support you.

So in this exercise, I would like for you to identify what is causing you the most stress right now.

There is space for 10 things but if you don't have that many that is fine.

And be as specific as possible. Vague problems are not easily solved!

There's many different ways to attack this exercise, whether it is just a brain dump or to categorise your life into sections like:

- finances
- work
- fertility
- relationship
- etc

Either way, here are some thought starters:

- Others comments
- Lack of support around you
- Environment
- Scrolling too much on social media
- IVF
- Appointments
- My partner
- My friends not understanding
- Finances
- My thoughts
- My emotions

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Setting Up Your Environment

Step 2: Specificity: choose your top 3 - what specifically is causing you the most stress?

Step 3: What ideas do you have that you could start doing this week to reduce this stress?
