



COPING WITH A TWO-WEEK WAIT

10 STRATEGIES FOR
EMOTIONAL WELL-BEING

- 1. Connect with support networks:** Reach out to infertility support groups, online communities, or friends who have gone through similar experiences. Sharing your feelings and concerns with others who understand can provide comfort and a sense of belonging.
- 2. Practice self-compassion:** Be kind to yourself and acknowledge that the wait can be emotionally challenging. Treat yourself with compassion, understanding that you are doing the best you can during this difficult time.
- 3. Engage in stress-reducing activities:** Incorporate stress-reducing activities into your routine, such as gentle exercise, yoga, meditation, or deep breathing exercises. These practices can help calm your mind and alleviate anxiety.
- 4. Limit exposure to pregnancy-related triggers:** Consider temporarily avoiding triggers such as baby showers, pregnancy announcements on social media, or activities that intensify your feelings of sadness or jealousy. Give yourself permission to prioritize your emotional well-being.
- 5. Focus on self-care:** Engage in activities that promote self-care and nourish your emotional well-being. This could include pampering yourself with a massage, taking a relaxing bath, practicing mindfulness, or treating yourself to activities you enjoy.

- 6. Educate yourself about the process:** Gain a thorough understanding of the fertility treatment process and the factors that can influence the outcome. Knowledge can help alleviate anxiety and provide a sense of control and preparedness.
- 7. Communicate with your partner/support person:** Maintain open and honest communication with your partner/ support person throughout the wait. Share your feelings, concerns, and hopes with each other, providing support and understanding during this challenging time.
- 8. Engage in distracting activities:** Divert your attention from the wait by engaging in activities that bring you joy and provide a sense of fulfillment. This could include pursuing hobbies, creative outlets, or planning enjoyable outings.
- 9. Seek professional support:** Consider seeking support from a therapist specializing in infertility and reproductive health. A mental health professional can provide guidance, coping strategies, and a safe space to process your emotions.
- 10. Practice acceptance and resilience:** Embrace the notion that you can't control the outcome of the wait, but you can control how you respond to it. Focus on building resilience and accepting that the journey may have ups and downs, but you have the strength to navigate it. Remember, coping with a 2-week wait during infertility can be emotionally challenging, but implementing these strategies can help support your emotional well-being. Be patient with yourself, seek support when needed, and remember that you are not alone in this journey.

Mental health

DAILY TRACKER

Date _____

Mo Tu We Th Fr Sa Su

My sleep last night was

HOW AM I FEELING THIS MORNING?

Great Good Okay Not good Awful

Approx. hours _____

Get up time _____

Day to do list

- | | | |
|--|--|--|
| <input type="checkbox"/> Brush teeth and wash face | <input type="checkbox"/> Get done work tasks | <input type="checkbox"/> Eat breakfast and lunch |
| <input type="checkbox"/> Open a window and get fresh air | <input type="checkbox"/> Time off screens | <input type="checkbox"/> Move my body or take a walk |

Today I intend _____

Eye exercises

Cups of water

1 2 3

1 2 3 4 5 6 7

Evening to do list

- | | | |
|--|--|--|
| <input type="checkbox"/> Read 20 pages of a book | <input type="checkbox"/> Meditate for 10 minutes | <input type="checkbox"/> Brush teeth and wash face |
| <input type="checkbox"/> Write to my journal | <input type="checkbox"/> Workout for 30 minutes | <input type="checkbox"/> Take a shower |

How am I feeling this evening?

Great Good Okay Not good Awful

Am I satisfied with this day?

I am grateful today for

What I like about myself today

What I managed to do today

What I would like to tell myself for tomorrow

Notes

How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun proud
strong active love passion freedom happiness
optimism belief hope inspired courage interest
amusement gratitude delight relaxed calm confident
curious focused worthy thrilled self-respecting kind

Self-Care

HABIT TRACKER

Keeping track of your habits can help you stay on track and achieve your goals. Fill out your top 12 goals and mark them off each day you successfully complete them.

WEEK OF: _____

HABIT / SELF-CARE STEP

	(S)	(M)	(T)	(W)	(T)	(F)	(S)
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REFLECTION NOTES

Life Goals

STRATEGY TRACKER

For each of the categories below, write down things you are doing well and where you need improvement. Take the time to reflect on these, and write a goal for each category.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
FAMILY			
FRIENDS			
WORK/ SCHOOL			
BODY			
MENTAL HEALTH			
SPIRITUALITY			



WE ARE HERE FOR YOU.

Support to *Help* You on Your Reproductive **Journey**

Seeds Of Hope Counseling provides a safe space for people to navigate the real and raw emotions of navigating infertility and loss, to provide culturally sensitive mental health care.

www.seedsofhopecc.com