

'The 5 Key Ways Your Emotions Can Support (Or Damage) Your Fertility'

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When you had been trying to conceive for some time, perhaps for a few months or a year or more, your first thought may have been to make an appointment with your doctor. Then most people who are experiencing problems conceiving will also look into what lifestyle and dietary changes could boost their fertility. Perhaps you're taking some nutritional supplements, herbal treatments or trying therapies such as acupuncture alongside any medical treatment you are receiving.

This is all great, positive action to take but if you're still trying to conceive your much longed for baby you may have started wondering what the missing key for you is. What will finally help you conceive?

Infertility can be extremely stressful to experience and affects every area of your life. Your relationship, your friendships, your career and overall health and well-being can really suffer when the emotional strain of infertility takes hold. Although we know this, and may have also read compelling research about how stress can further damage fertility, very few people have an effective way of dealing with infertility emotions.

And doesn't worrying about being stressed and its effect on your fertility make you more... well... stressed?! It's a vicious cycle that can be very hard to break.

So let's look at those **5 Key Ways Your Emotions Can Support (Or Damage) Your Fertility**, and then we'll see how you can turn any negative emotions around to work in your favour and boost your fertility.

First Key Way – The Overwhelm Of Infertility Emotions

These are the emotions you are probably most aware of while you try to conceive. Have you experienced anxiety, worry, anger, sadness or fear during your fertility journey? It can feel like you're riding an emotional rollercoaster when you react with negative feelings to other people's pregnancy announcements, seeing yet another negative pregnancy test, or having to listen to your Aunt ask 'when will you be starting a family?'.

This accumulation of negative emotions, combined with the many thoughts, ideas and options concerning your fertility you have spinning

round in your head, can result in complete overwhelm where you can no longer think clearly. This can mean you literally feel stuck and unable to make decisions and move forward. It may also mean you feel like giving up or have needed to 'take a break from trying to conceive'.

Getting a hold of these emotions and eliminating all the unnecessary feelings that are not serving you, means you will experience:

- Clearer more rational thinking,
- Seeing all your options and choices for what they are without any emotional attachment clouding your vision,
- The realization that there are other options and opportunities to boost your fertility,
- The ability to make positive decisions to move you forward towards having your baby,
- Staying positively focused on your goal of having a baby and being more likely to stay trying to conceive for longer without feeling like giving up.

Second Key Way – The Fight Or Flight Response v The Endorphin Effect

When we suffer stress our body has an innate primitive response that can damage our physical health. This 'Fight or Flight' response was well suited to ancient times when our 'stress' could be being confronted with a wild animal or other enemy. The body would then respond by prioritizing blood flow to the parts of the body that are needed to either 'Fight' or take 'Flight' away from the perceived stress. This means that our arms and legs are energized and ready to take action, but other parts of our body will suffer.

You may have noticed yourself experiencing the 'Fight or Flight' response, if you have felt nauseous or breathless when under stress. This isn't too harmful if the stress and our response is short-lived, but when we have an ongoing stress like infertility our body can be in an almost permanent state of 'Fight or Flight' and you will notice stress related illnesses developing.

As well as your general health and well-being suffering, you may also experience problems with your hormonal and reproductive health. Under extreme stress a women's ovulation can be disrupted or even stop altogether.

Learning how to switch off the 'Fight or Flight' response and respond in a positive way to challenging situations will mean:

- Every part of your body, including your endocrine (hormonal) and reproductive systems are fully nourished and able to heal,
- You can produce more health and fertility boosting endorphins which not

only will make you feel better emotionally, but also improve your chances of conception.

Third Key Way – The Voices In Your Head

Do you ever talk to yourself? Admit it, we all do! But what do you say? Are you always encouraging, supportive and generous with compliments to yourself? No, I didn't think so.

All too often we talk to ourselves in negative ways, and say things that we wouldn't take from a friend or relative. Do you find yourself ever saying "I won't ever get pregnant", "My body is so stupid for letting me down", or "I don't deserve to be a parent"? These negative statements that we may be repeating on daily basis can keep us stuck in the situation we don't want to be in – childless – as our focus becomes negative and isn't moving us positively forward.

Find a way to quieten the negative self-talk and switch it to positive statements and encouragement and you'll find that:

- You become your own best-friend and cheerleader, supporting yourself every step of the way,
- Your overall focus become much more positive and you are motivated to do all you can to boost your fertility,
- You are able to deal with setbacks and negative comments from others (if they dare!) about your fertility.

Fourth Key Way – The Body Listens To The Mind

Everyone's talking about the mind/body connection and mind/body medicine, and there are new books and research published on the subject all the time. Countless scientific research studies have clearly shown the placebo effect which is perfect proof of how the mind affects the body.

A placebo is typically a sugar or other inert pill that is given to a group of patients when researching the effectiveness of a drug. The patients do not know whether they have been given the real drug or the placebo and the researchers expect to see the placebo to have a lesser positive effect. However time and time again the placebo has been almost as effective, and sometime just as effective as the drug. If the patients had only been given a sugar pill, why were improvements seen in heart problems, hypertension or asthma? It's because they **thought** they were being given a drug that would help them. This belief created a healing response in the body as is they had been given the drug. Quite amazing isn't it?!

So with this in mind, what messages are you sending your body? This is another case for quietening the negative self-talk we talked about above,

and also finding a way to really harness the power the mind has over your body. This can lead to:

- Your fertility being boosted by your positive thoughts and mindset,
- Knowing that you are supporting your fertility every day.

Fifth Key Way – What Does It Really Mean To You To Get Pregnant?

You know you really want be pregnant and have a baby, but have you ever asked yourself what it would really **mean** to you? What are your real thoughts, ideas, beliefs and concerns when you think of pregnancy, birth, and being a parent? Are there aspects that create anxiety, worry or fear in you?

For example, it's not unusual to be 100% sure that you want to be pregnant and have a baby, but be terrified of childbirth. Or you may have hidden worries about what kind of parent you will be, or perhaps you're fearful about how your relationship, career and your body will change if you have a baby.

It really is worth exploring your own hidden thoughts and worries, because left unresolved they could become blocks to you conceiving. Think about it – if there is an aspect of pregnancy, birth or parenthood that makes you feel unsafe, it's the body's natural response to protect you from a perceived danger. So this could mean protecting you by stopping you from conceiving. And if this take on the mind/body connection is a difficult concept to grasp, think about how these subconscious thoughts could actually show themselves as tangible sabotaging behaviours in your every day life.

What do I mean by sabotaging behaviours? Well, you consciously feel that you want to conceive but there is a hidden belief that makes you feel subconsciously 'unsafe' when you think of pregnancy, such as the fear of childbirth. This can then manifest itself into sabotaging behavior that keeps you 'safe' from pregnancy. So this might mean forgetting to take your fertility supplements, somehow managing to miss your fertile window for intercourse, or being unable to give up coffee even though you know it's not good for fertility.

So if you seek out and resolve these hidden emotional blocks to conception it means that:

- You're 100% positively focused on your goal of having a baby,
- You can move forward more quickly when making decisions and having tests or treatment, as you have no reason to hold back,
- Your body and your mind are both in tune and focused on achieving pregnancy.

In conclusion..

Make time to work with these 5 key ways and you will be creating the perfect mindset for conception, pregnancy, birth and parenthood. Your emotional health and mindset is a vital element when trying to conceive; in fact I would say it is **the most important element**. When your mindset is aligned to pregnancy, all the other pieces of the fertility puzzle can then fall into place.

So how can you turn around your emotions, your thoughts and your mindset to work for you and your fertility, instead of against it?

There are many emotional techniques and methods used for fertility, and in my opinion, and that of the many people I have worked with, the most effective is EFT (also called Tapping). EFT is a cutting-edge technique based on the same theories as acupuncture but instead of using needles, a gentle tapping technique is used on specific points on the face, upper body and hands. This eliminates negative emotions that are not serving you and your fertility, and almost always works quickly, painlessly and extremely effectively.

EFT works in around 90% of cases to effectively reduce emotional distress of all types, and has a high success rate in promoting pregnancy too. The majority of the women I have worked with over the years have conceived within a few months of using EFT to get into the perfect mindset for conception. And while they were waiting to conceive, they enjoyed being free of stress and recapturing the joy and excitement they had at the start of the fertility journey.

Can you imagine if that were you...?

You can learn more about using EFT for fertility and watch and tap along with my videos at www.FertileMindset.tv. I hope to see you there! Let me know what you think by commenting on the videos you watch, and send me an email with any questions you have.

Love and best wishes for your fertility journey,

Sarah Holland

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