

Common reactions during treatment

- Frustration, helplessness and anger as a result of loss of control and loss of choices.
- Loss of privacy as 'making a baby' becomes a public experience.
- Overwhelming feelings of loss, grief and sadness that come with acknowledging the many losses involved in infertility.
- A sense of isolation from people around you who may not support you as you wish to be supported.
- Challenges to relationships as couples respond differently.
- Relief that you are finally able to do something about the problem.
- Excitement and fear when thinking about the result and being scared to hope 'too much'.
- Finding the days while you wait for a result to be excruciatingly slow.
- Reluctance to seek support as you think you should cope okay on your own.

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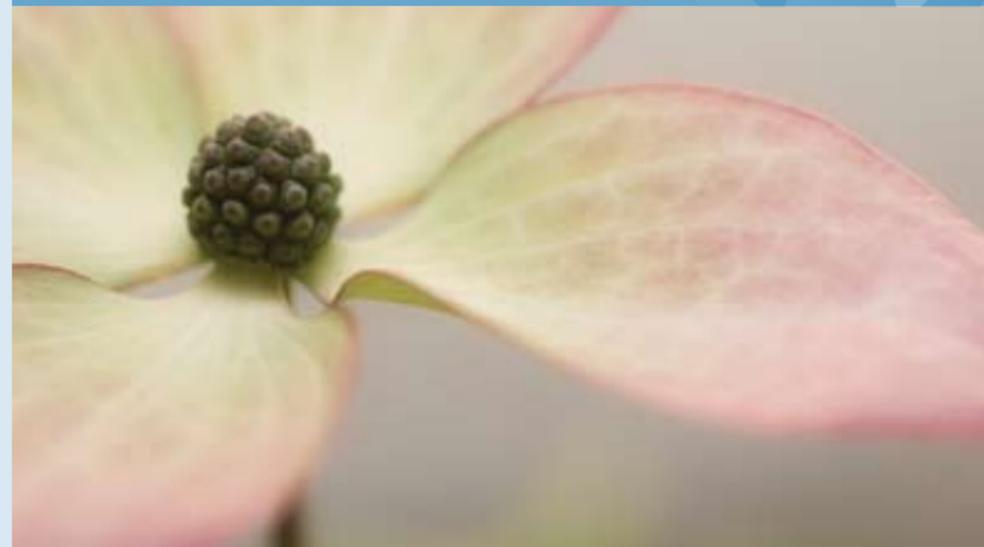
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Success with treatment

A pocket size guide to help you with your fertility journey



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Success with treatment

During treatment your feelings may fluctuate – a pattern often called an ‘emotional roller coaster’. One day a particular strategy may help, but on another day you may find it useless and need to try something else.

Try some of the following ideas to help you through fertility treatment:

- Become really well informed by reading, contacting clinic staff, joining a support group and talking to others with similar experiences.
- Take up a form of relaxation. Try meditation, massage, Tai Chi, yoga, walking, creative activity, acupuncture, listening to music...
- Look after yourself; strengthen yourself with healthy eating, regular exercise, fresh air, sufficient sleep and plenty of pampering.
- Keep a journal of how you feel.
- Plan enjoyable things – a special break away, lunch, walk or movie.
- Find time for yourself and your partner.

- Regularly tell each other how you are feeling, as your feelings may fluctuate and you’re not ‘mind readers’!
- Talk to someone you can trust and who you know will be sensitive.
- Try to plan some future life events; don’t put everything on hold.

If you are feeling very stressed or anxious try the following:

Try to distract your mind from anxious thoughts – focus on each of your senses for a few moments:

- What can you see?
- What can you smell?
- What can you feel?
- What can you hear?
- What can you taste?



During this experience I will

- Try to do something that makes me feel good
- Focus on the positive aspects of the situation
- Find something good in what is happening
- See things positively
- Make the best of the situation
- Try to think about the positive things in my life
- Look on the bright side of things
- Try to do something meaningful
- Focus on the benefits and not just the difficulties
- Learn from the experience

Treatment is a pathway ... you may not succeed the first time so remember to look after yourself and let others care for you too.