

## **Newsletter Article**

When you are working on creating your family, there is always something to pay attention to: your basal body temperature, day of cycle, signs and symptoms from your body, doctor's appointments, insurance claims, other people's pregnancies....and on and on and on. There is no rest for your mind or your body.

Your commitment to creating a child is strong – how can you take a break when this might be the month? Does the idea of taking a break from your fertility treatments raise your hackles?

Yet, when you keep pushing and pushing and pushing, your body never gets the chance to recharge. You deplete the very systems you need to be strong to create a child.

So, maybe you don't choose to take a full month off from your treatments but consider these options:

- ◆ Give yourself a short break from dietary changes you are making
- ◆ Give yourself a day to do whatever you would have done before the craziness of fertility treatments crept in
- ◆ Take a break from reading the infertility support boards
- ◆ Come up with a mantra to use when your thoughts inevitable come back to your fertility: “Just for today, I choose to let this go” or something to that effect
- ◆ Plan a day of “escapism” – filled with books or movies

Allow yourself to take a break because it is good you, body mind and spirit – not with any expectations of how your cycle and fertility will respond. By releasing the expectations, you will allow your body to come into a natural balance that will affect your fertility.

Take taking a break slowly and really notice what difference you notice in your emotional and physical health when you do. Do you come back from the break feeling refreshed? Is your mind a bit clearer? Do you feel more like you can make the big decisions that you need to make?

## **Meditation Tip**

Set your intention before you start this meditation to focus on your thoughts and emotions surrounding your fertility. Perhaps you want to begin to let go of all your history with failure, or your fears that you will end up without a biological child. This letting go doesn't negate any part of what you have been through. Rather, it is designed to help you

hold on to the wisdom you have gained, but let go of the charged emotions that simply keep you stuck in the past or fearing the future.