



HOW TO HANDLE STRESS OF INFERTILITY TREATMENT JOURNEY?

Stress and other mental conditions are not that easy to manage, and can often come up while you are dealing with infertility. The idea behind conceiving is to “relax”. However, the reality is more complex.

Lifestyle, Stress and Infertility

Stress can lead to unhealthy behaviours which, in turn, can impact fertility. For instance, it can cause you to:

Either perform no or too much exercise: Regular and healthy amount of exercise is known to lessen stress levels. Just ensure not to stick yourself with an intense workout. This can have negative impacts on your fertility. Strike the right balance in your workout schedule.

Drink too much alcohol: Stress is a major contributor to drinking alcohol. Habitual drinking can even decrease sperm count.

Consume too much caffeine: Too much caffeine intake everyday can have negative consequences on your conception, especially if you are already dealing with fertility issues.

Face sleep disorders: If your lifestyle includes late nights with early wake-up calls, then you might be in the position to experience fertility issues sooner or later.

Experience difficulty while practising healthy eating habits: People with high-stress levels tend to indulge in unhealthy eating habits. This leads to weight gain and obesity issues, that are known to augment the odds of infertility.

How can you Tackle Fertility Stress?

Once in a while stress is normal. It won't damage your conception abilities.

What strikes hard on your fertility is the long-term stress or any other major upheaval, such as financial problems or the death of a close one.

Stress can be curbed through various means. Have a look at some of them below:

- Talk with a therapist to better reframe your feelings.
- You can also talk to other people who are coping with infertility. Try to discuss each other's concerns and understand possible treatment solutions.
- Communicate with your partner and share your emotions with him/her. Talk about differences and prevent any conflict.
- Practice relaxation techniques. These include progressive deep breathing, muscle relaxation, meditation, etc. All of these can help you transit to a relaxing response state.
- Improve your health: Proper food intake and the right exercise are essential ways of keeping your health in a good state. Get good sleep and make space for recreation as well.

To feel at ease from feeling stressed, you can seek the support of psychological counseling. While it may not directly improve your fertility concerns, but will reduce your stress levels. This will allow you to make healthier lifestyle choices and let your reproductive health flourish positively.