

WEBINAR ON STRESS AND INFERTILITY

**SPECIAL
EPISODE!**

A webinar on stress and infertility conducted by a psychologist will benefit several groups of individuals, particularly those directly affected by infertility and those supporting them. **Here are the key beneficiaries who need to attend:**

Individuals Experiencing Infertility

- **Emotional Support:** Infertile individuals often experience high levels of stress, anxiety and depression due to their circumstances. The webinar can provide coping strategies and emotional support, helping them manage these feelings more effectively
- **Enhanced Understanding:** Participants will gain insights into the relationship between stress and infertility, including how stress can impact treatment outcomes such as IVF success rates. This knowledge can empower them to make informed decisions regarding their treatment options

Couples Trying to Conceive

- **Shared Experience:** Couples facing infertility can benefit from learning together about stress management techniques and the psychological aspects of infertility. This shared experience can strengthen their relationship during a challenging time
- **Improved Communication:** The webinar may offer tools for better communication between partners about their feelings and experiences, which is crucial for maintaining emotional health during treatment

Support Networks

- **Family and Friends:** Those close to individuals undergoing fertility treatments can also benefit from attending the webinar. Understanding the psychological challenges faced by their loved ones allows them to provide better support and empathy
- **Healthcare Providers:** Professionals involved in reproductive health can gain insights into the psychological aspects of infertility, enabling them to offer more holistic care that includes mental health considerations alongside medical treatment

Mental Health Professionals

- **Professional Development:** Psychologists and counsellors specializing in reproductive health can enhance their understanding of stress management techniques specific to infertility, improving their practice and patient outcomes

In summary, the webinar serves as a valuable resource for individuals experiencing infertility, couples trying to conceive, their support networks, healthcare providers and mental health professionals. By addressing the psychological dimensions of infertility, it aims to foster resilience and improve overall well-being during a challenging journey.

Please share to someone who needs support in this journey to parenthood.

**LIVE**

WEBINAR

Speaker - Ms. Anjana Ghosh | Clinical Counsellor, Genome The Fertility Centre

on **Tuesday, 26th November 2024**, from **3pm onwards**

For Registration, call **8001255000**

A WEBINAR ON Stress and Infertility – Ways to overcome

