

## Tips to Help Ease the Stress of Infertility

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According to the Centers for Disease Control and Prevention, as many as 2.1 million married women struggle with infertility problems in the U.S. Despite the fact that women of recent generations have come to value themselves independent of the traditional roles of marriage and motherhood, many women become deeply disturbed at the thought of not bearing children. After spending thousands of dollars on medical procedures, such as fertility treatments and in vitro fertilization (IVF), some women find that they are able to conceive.

But what happens when IVF, and fertility treatments fail? Adoption is always an option and one that many women are happy to choose, but for those who still long to have children of their own, infertility problems can be devastating. Here are a few tips to help ease the stress that accompanies this very serious issue.

### **Education Empowers**

Doctors are a wealth of information. However, when it comes to a woman's body, she must be an expert on her own health and care. Therefore, it is important that couples with infertility problems read and study everything that they can about the possible causes of infertility, along with emerging technologies that may be able to help.

### **Reach Out to Others**

When struggling with infertility, women can begin to feel very isolated as though they are the only women facing such a difficult experience. The truth of the matter, however, is that millions of other women have faced the exact dilemma and have survived it. Some have found satisfaction in adopting, others have discovered therapies that have helped them conceive and others are still in the struggle. Regardless of where a woman is in her journey, the fact is that other women can relate and are willing to help others face this hardship. It's important for women to find a supportive individual or even a group of women who can relate to her problems and help her sort through her feelings.

### **Resist the Urge to Engage in Blame**

Blame is not the issue here. Obsessing over past mistakes or wondering what could have been done differently is of absolutely no use in the present moment. The truth of the matter is that, for some women, there is no single known reason for infertility. Reason or not, try to stay in the moment and realize that placing blame does nothing to resolve the situation.

The problem of infertility is one that has troubled couples almost since the beginning of time. Unlike days of old, however, medical advancements and adoption processes have allowed women to experience the joys of motherhood despite physical barriers. There are

even women who have exhausted all of their resources and learned to accept that they will not physically bare children and, once the stress of trying was relinquished, some have even experienced surprise pregnancies. This leads to the final tip for facing infertility problems: Relax and learn to love yourself as you are. And, in doing so, you just may find what it is that you're longing for after all.