



Support through your Infertility Journey

Have you felt frustrated or irritated when someone says, “Just relax, and you’ll get pregnant!” --Don’t we all wish it were this easy? Anyone who has experienced infertility knows it can be stressful, but is the opposite true-- can stress cause infertility?

Research suggests that psychological stress and fertility are connected, but we don’t fully understand how. Infertility can evoke a wide range of emotions ranging from sadness, depression and grief to anxiety or isolation. Research has shown that psychological counseling can be effective to reduce levels of anxiety and depression, increase coping, and improve quality of life. Can this reduction in stress lead to improvements in fertility?

Consider the following.

- Studies show that the #1 reason patients drop out of fertility therapy is not because they were discouraged by their physician, but rather because they said they couldn’t handle the stress.
- Research by Alice Domar PhD has consistently found that women who dramatically reduce their levels of stress through structured Mind/Body programs appear to have significantly higher rates of IVF success.
- In addition, data have consistently demonstrated that individuals or couples who participate in counseling find it to be of value—and allow them to be more in control of the process rather than the process controlling them.

Clinical Psychology Support

NRM has a great connection with License Clinical Psychologist Jessica Clifton (she/her) who has worked with infertility patients for several years. Jessica’s visits are remote, telehealth visits and you can schedule through the website provided below. If there are



no times that work for you on the schedule, please reach out to your nurse or treatment coordinator for NRM to help facilitate a time that works for both you and Jessica

www.parheliawellness.com

Podcasts: You are not alone on this journey—learn from other patients’ questions and other physicians across the country. **Fertility Docs Uncensored** offers perspectives from 3 REI specialists from 3 different US clinics. They discuss fertility topics each week—answering and exploring common patient relationships, treatment 101 guides, lifestyle changes, optimizing fertility, supplements, exercise, acupuncture, and more!

Support Circles/Groups

- Supporting families who have lost a baby through miscarriages, stillbirth, sudden infant death or termination due to medical reasons.
<https://www.emptyarmsvermont.org/>
- Resolve New England: puts together support groups throughout New England. Check the website www.resolvenewengland.org/support for upcoming locations and meeting times.

Audio Program:

Organic Conceptions: Your guide to taking control on the journey to parenthood and beyond. www.organic-conceptions.com

- A framework to help couples embrace and emerge from their struggle, no matter where they are on their path to parenthood.

Phone Application:

FertiCalm: a mind/body self help skill tool for fertility.

- www.FertiCalmApp.com



Books

1. **Conquering Infertility: Dr Alice Domar's Mind/Body Guide to Enhancing Fertility.** Alice Domar, 2004
2. **Finding YOU in Fertility: A Step by Step Emotional Workbook for Family Building through IUI and IVF.** Francisco Arredondo, M.D. 2015.
3. **Healing Mind, Healthy Woman: Using the Mind-Body Connection to Manage Stress and Take Control of Your Life.** Alice Domar, 1997

If you are looking for humor:

4. **Laughin'fertility: A Bundle of Observations for the Baby-making Challenged.** Lisa Safran 2004