



7 Ways to Cope With Infertility

1 *Balance your tears with laughter*

It is okay to cry. Let it out! Yell and scream! Crying gives you the freedom to express your hurt. Now, after a good cry, give yourself permission to have a good laugh. Watch a comedy, talk to someone who makes you laugh, or ask your spouse to tickle you. Laughing seems to refresh our bodies and makes us feel better.

2 *Do your homework*

Learn about infertility, your specific condition and available options. The more you know, the better you are able to cope and make sound decisions. As you gather information, always ask questions and get clarification. This will make planning your next step easier.

3 *Redirect your focus*

Take a break. It is okay to focus on something else for awhile. Pursue other goals and dreams. When the time is right for you and your spouse, continue the journey.

4 *Seek help from others*

Become part of a physical or virtual support group. The benefits are numerous. For instance, you can talk to others who are facing the same challenges, make new friends, and discover helpful tidbits (such as the best place to purchase medicine at a reasonable price). Talking to a professional counselor can also be advantageous, keeping you in good health mentally and physically.

5 *Educate others about infertility*

Find enough courage to share your story with others. Hiding your infertility is exhausting. Open up! Tell others about infertility and your journey. Help educate those who may appear to be insensitive or lack understanding. Also, your story may find someone who is eager to know more or on the same journey as you.

6 *Partner with your spouse*

People react differently to situations. Make every effort to respect each other's way of coping. Most importantly, there is no room for blame. You are partners. Keep the lines of communications open, continue discussions about infertility when appropriate, and enjoy one another's company.

7 *Pray*

Ask God for courage, wisdom, comfort, strength, guidance, and peace. For many, His presence makes the journey easier to travel. Even though you may not know the outcome of treatments or what the future holds, it feels good to know that God is in control.

