

## **Managing mental health during fertility treatment**

### **Beacon CARE Fertility offers advice ahead of World Mental Health Day**

It's World Mental Health Day this Thursday (October 10<sup>th</sup>) and Beacon CARE Fertility is highlighting the impact that undergoing fertility treatment can have on mental health, offering some tips for dealing with the anxiety and stresses that are very common during this time.

Below also are some points of advice to keep in mind during this often-turbulent time from Dr Bart Kuczera, Fertility Expert at Beacon CARE Fertility.

#### **1. Practicing self-care**

It's essential that you don't let your daily routine or consultations get in the way of taking time for yourself. Having a long bath, treating yourself to nutritious meals, or just making time to relax can all help you feel positive about yourself and where you are in your life.

#### **2. Understanding and honouring your feelings**

For those who have experienced unsuccessful fertility treatments, you may find yourself feeling a sense of grief. Although you may not have physically lost anything or anyone, it is the feeling of lacking something that may affect you. Acknowledging these feelings can be a useful means of managing and finding new positivity within yourself. You must also remember to do what's right for you. For example, it's ok to say no to events that you think may upset you, and just stick to the things that you know will make you smile.

#### **3. Taking time to talk**

Talking to a loved one can also help in dealing with feelings of stress and anxiety. So, whether it's a partner, parent or a good friend, sitting down for a cuppa or a nice meal with them and talking about how you feel can often provide some relief.

#### **4. Connecting with others in a similar situation**

Connecting with others in a similar situation via online forums and support groups will help you to realise that you are not alone. Talking your feelings through with someone who understands may be something you find beneficial. Or you may find others have advice or stress management techniques that you hadn't thought of.

## **5. Exercising**

Mild exercise is another good way to manage mental health issues, like anxiety and stress. If you're worried about whether your chosen exercise could affect your treatment, just check with your clinic first. Even something as simple as having a walk out in nature could help bring some calm.

## **6. Mindfulness**

Mindfulness is a simple, and increasingly popular, form of meditation, and you can practise it wherever you are. It's all about bringing your mind into the present and paying attention to your surroundings, so it can be very useful when it comes to controlling anxious thoughts. There's lots of information available online, and you can even download mobile apps to get you started.

Dr Bart Kuczera, Fertility Expert at Beacon CARE Fertility said:

"Fertility treatment can take a toll on mental health. Feelings of stress and anxiety are normal, and most people going through the process have already had issues conceiving, which will have impacted their mental health. Of course, if certain feelings get overwhelming it's important to talk to a mental health professional, a service we can connect you with at Beacon CARE Fertility. We'd also encourage friends, family and partners of those going through treatment to remember to check in with them about their mental health."

For more information and help

<https://www.beaconcarefertility.ie/treatments-services/tests-treatments/recurrent-implantation-failure-miscarriage/>