

Top 10 Tips

To Help You Feel Calm & Relaxed
During your Fertility Journey

(or at any other time)

STRESS can have a huge effect on your fertility, as it releases hormones which signal to our body that the environment is not favourable for conception. If you are feeling stressed, you can help yourself to return to a sense of calm quickly and effectively by following these top 10 tips:

1. Start your day with a positive thought
2. Inhale a deep breath for 5 seconds, hold the breath for 5 seconds, exhale the breath for 5 seconds and rest for 5 seconds. Repeat three times
3. Listen to your favourite song which makes you feel happy
4. Close your eyes and recall a place where you felt most relaxed. Take a deep breath & remember the smells, sounds & colours
5. Write down something you'd like to do during the day, which will bring a smile to your face
6. Go for a brisk walk to clear your mind
7. Eat healthily on a regular basis and drink plenty of water
8. Immerse yourself in a good book
9. At the end of the day, write down on Post-It Notes anything that has upset you or caused you to feel stressed. Scrunch them up and throw in the bin
10. Get enough sleep which enables you to wake up the following day feeling energised



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