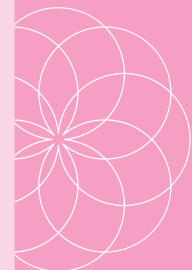




MINDFULNESS TIPS



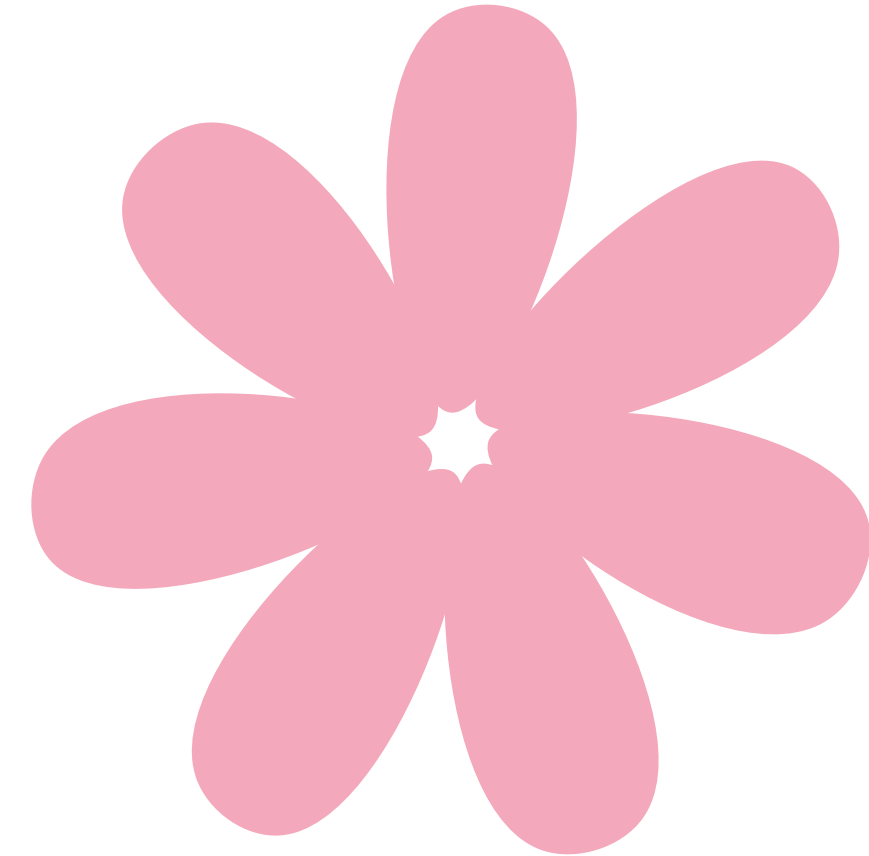
Stress & Fertility — What's the Link?

You've probably heard it a hundred times:

"Reduce your stress levels."

Easier said than done, especially during treatment. But why does it actually matter?

Stress can impact hormonal balance, (we need our hormones working effectively to support a pregnancy!) cause sleep disruptions & potentially impact the body's receptivity to treatment.

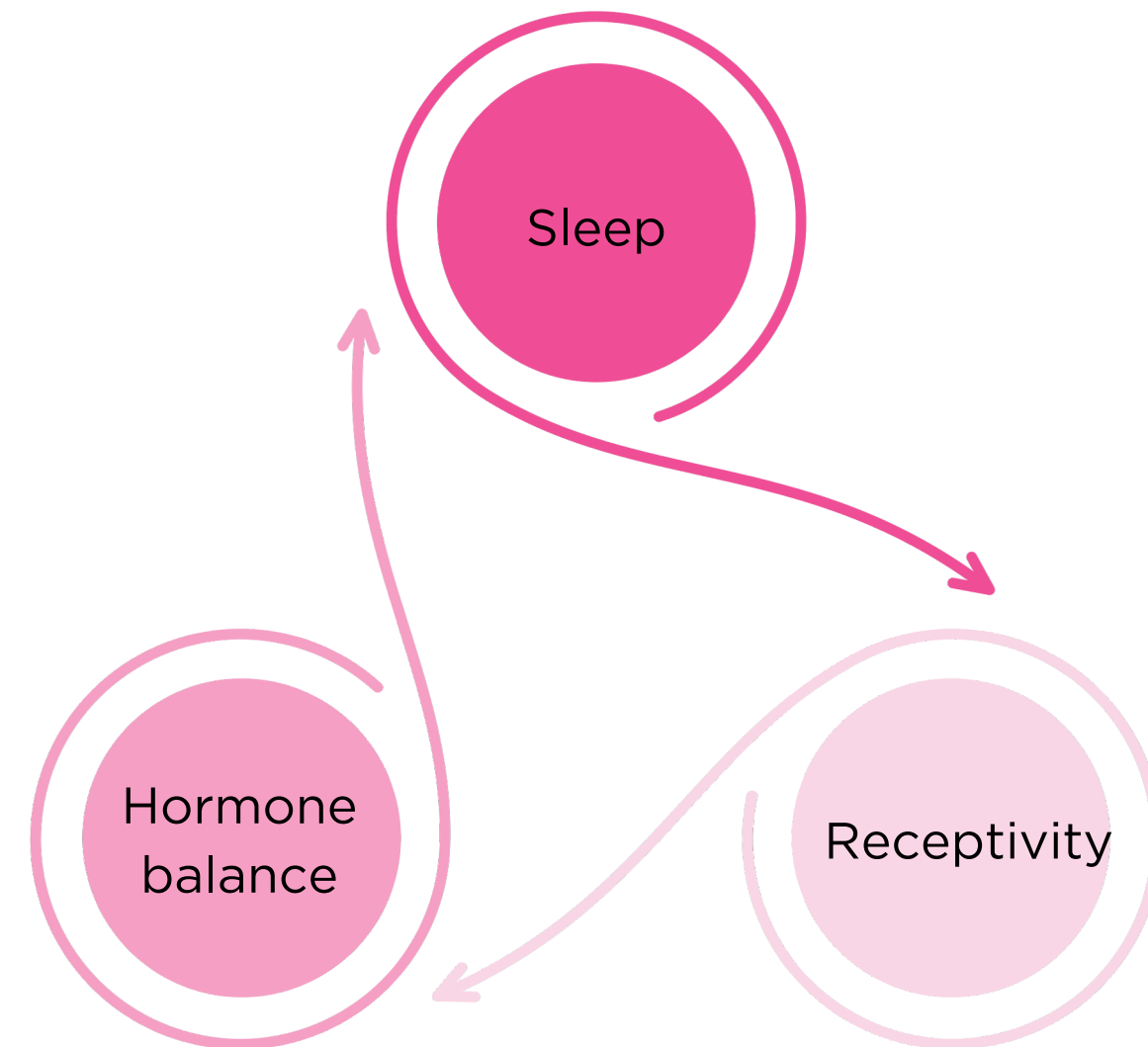


Why Managing Stress Matters

Unmanaged stress can:

- Unmanaged stress can:
- Disrupt hormonal balance which is key for supporting pregnancy
- Impact sleep quality
- Affect the body's receptivity to treatment

Remember: You don't need to manage stress perfectly. The goal isn't to eliminate stress, but to support yourself through the journey in ways that feel achievable and compassionate.



Prioritise Your Wellbeing

A calm, optimistic mindset isn't just nice to have —**it can support your success.**

It's crucial to prioritise your overall wellbeing & approach this stage with a calm & optimistic mindset to increase your chances of success!

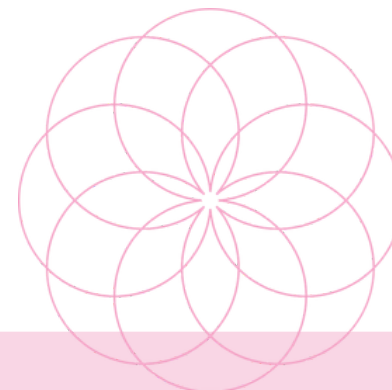


Support Services Available

At No.1, we offer **complimentary** supportive counselling during the 2 week wait.

Our dedicated nursing team is also here to support and guide you every step of the way, so you never have to navigate your fertility journey alone.

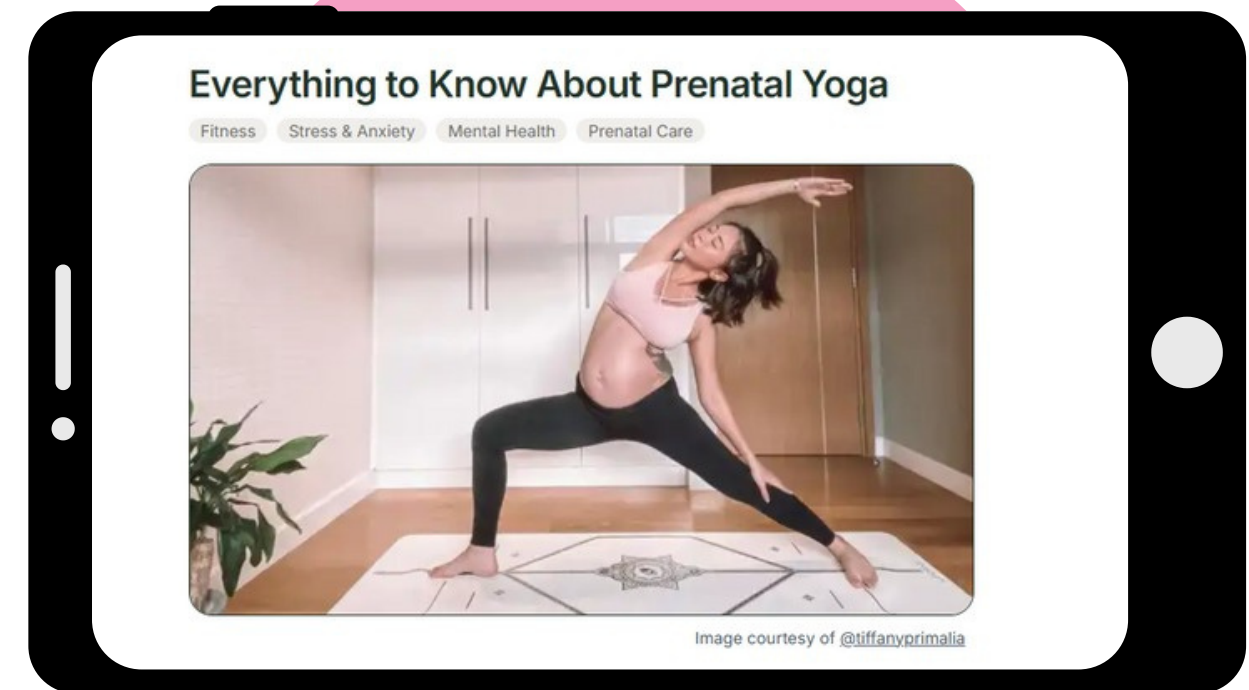
Our team is here for you



Strategies

Let's create a relaxation routine!

Yoga: 10 minute yoga flow using gentle & slow poses can relax both mind & body whilst improving blood circulation & release tension blood

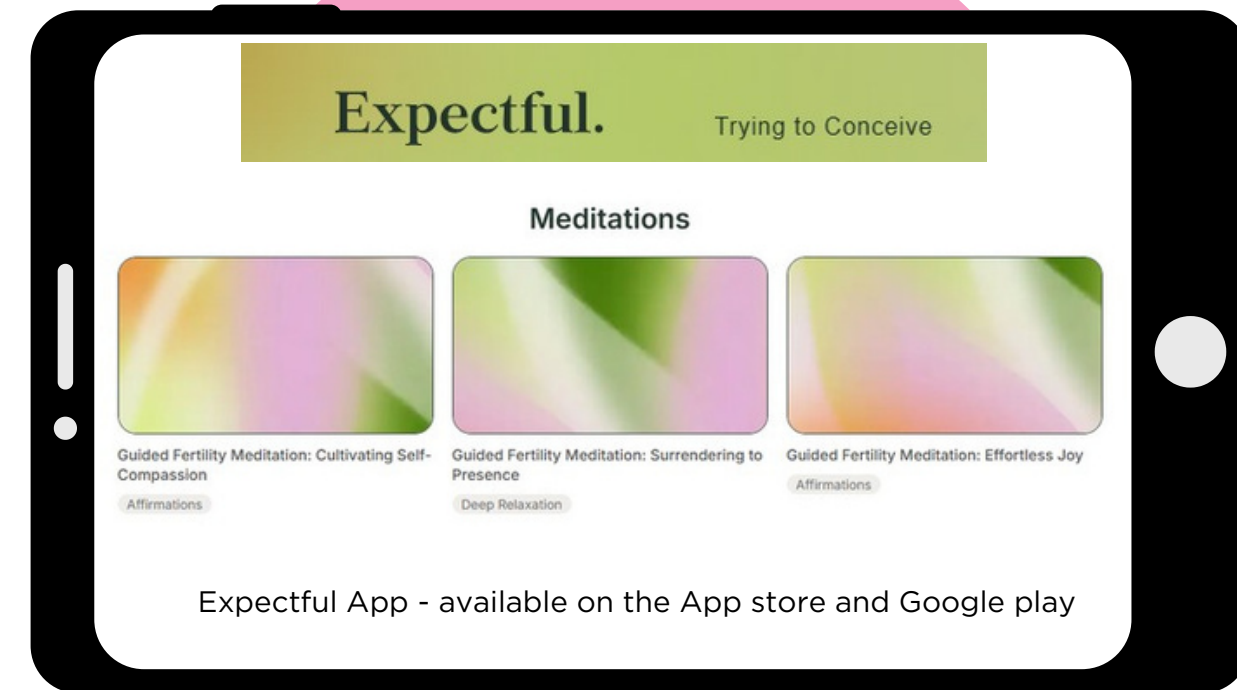


→ <https://expectful.com/articles/prenatal-yoga>

Strategies

Meditation

- 5-10 minutes of breathwork or guided meditation practices
- Box breathing or ocean breathing are a quick & easy practice!



Strategies

Prioritise quality sleep!

Aim for **8+ hours** of restorative sleep
We know sleep can sometimes be hard
especially when stressed.

Try **peppermint** or **chamomile** tea each
night & **a snack before bed** to induce an
uninterrupted sleep.



Strategies

Keep busy!

Re-direct your focus and attention on a hobby, social connection or **something that brings you joy!**

The IVF journey can be exhausting and focusing other aspects of your life can alleviate that stress.





N°1 FERTILITY