FERTILITY FORWARD ACTION GUIDE

Ten action steps to help you move forward on your fertility journey even when you feel like you are standing still.

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Hi, I'm Meta

I'm thrilled you are here!

First, let's start with how you say my name. It's "May-da". If you are thinking...I never would have guessed that then you are right - I don't set people up for success in figuring out how to say my name.

But I DO set people up for success in all the other areas of my my life.

After 3 years of infertility and 7 different cycles (4 IUIs, 3 fresh IVF cycles and 1 donor egg cycle) we finally got our big fat positive and I am now a mom to twin girls.

Using a donor was not the path I had dreamed about. In fact, I had never heard of donor eggs until I was told that would be my only option to building my family. But using a donor helped me achieve my dream of having children and it has been the best decision my husband Michael and I made.

Getting to that decision, and feeling confident in our choice to use a donor, did not come easy. Every step of the way we were faced with decisions I never thought we'd have to make. Decisions that were going to impact us and our future children. I felt incredibly alone. I didn't know anyone else going through this. And the available information was overwhelming, sometimes confusing, and it felt incomplete. That is when I realized I needed to help others going through the same process I was.

Today, I work with people like you. People who are facing decisions on their journey to becoming a parent that they thought they'd never have to make. I help them navigate those decisions in a way that is aligned with who they are, what they want for their lives and help them build the family they've always wanted.

Thanks for allowing me to be a small part of your journey!

xo,
Meta

10 ACTION STEPS TO HELP YOU MOVE FORWARD

01

PREPARE FOR YOUR NEXT APPOINTMENT

Sit down and write out all the questions or things you need to cover at your next appointment with your doctor. By doing this now, you are freeing up that brain space for either more questions to come or to give you the ability to move forward with other things during this waiting period.

02

GIVE YOURSELF SPACE

Sometimes the best thing we can do to move forward is to slow down. Give yourself permission to stop thinking about next steps. Take a real break and allow yourself to just be. Releasing the pressure to have it figured out can sometimes give you the clarity you are seeking.

03

FOCUS ON SOMETHING ELSE

Infertility is not the only thing you have going on. What other things do you enjoy doing? If you can't think of any, sit down and write out 48 ways to have fun. Then pick one of those things and do it.

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04

PRACTICE MINDFULNESS

Mindfulness and meditation have been proven to help regulate your nervous system, calm anxiety, reduce depression and lower blood pressure (to name a few). Mindfulness can be really easy to incorporate into your daily life. You can start by taking 30 seconds right now. Close your eyes, put your feet flat on the floor, and just pay attention to your breath. You can check out this article from Mindful on 5 simple mindfulness practices for daily life or download the app, Insight Timer, and pick a practice

.

05

JOURNAL

Journaling is incredibly powerful because it gives you the ability to take what is in your head and just get it out of your body. It sounds weird but it's true! Use these journal prompts to get you started.
Set a 5 minute timer and just start writing down anything that pops into your head. Don't think about it or judge it, just get it out on paper.

What is your ultimate goal in having a baby?

What did you think it would look like to have a baby? What has it actually been like?

What are the options for next steps? How do you feel about those options?

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06

EXERCISE

It is super easy to say and much harder to do but movement makes a HUGE difference. Get outside for a walk or a hike, do a workout class, just get movement in. It will help you clear your head and will make your physical body feel better.

07

TRY SOMETHING NEW

Is there an exhibit at a museum you've been wanting to see? A movie you've wanted to go to? A new restaurant in town? Make a plan and go do it!

08

REVIEW YOUR CARE TEAM

Your doctor can't do it all for you. That is why you have a care team. Look at who you are currently seeing to help you conceive. Are you needing more specialized support? Are you struggling with your mental health? Are you wanting to work on your nutrition? What things are missing for you?

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09

BUILD YOUR CARE TEAM

Based off of the gaps you've identified in number 8, what kind of provider do you need to fill those gaps? Are you currently working with your OB but need more specialized support? Maybe it's time to add a Reproductive Endocrinologist. Need help with mental health support? Maybe it's time to add a therapist. Looking for help with your mindset or practical tips and tricks for next steps? Maybe a coach is needed. Nutritionist, Acupuncturist, Naturopath? Identify one person to add, research who to go to and reach out for an appointment.

10

CUT YOURSELF SOME SLACK

You are not going to be perfect and you are not going to do everything right. Sometimes things just slow down. Sometimes cycles fail and there is no explanation. You didn't do anything wrong. Give yourself some grace. Speak kindly to yourself. Sometimes life just sucks.

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Let's connect!

Come and find me **@metagetman** for more info on navigating your decision making process during infertility.

Join me each week on Infertility Crossroads, a podcast all about the decision points you make as you try to become a parent. Whether you are just starting out on your TTC journey, have been through IUIs, IVF cycles, or are exploring alternative paths to becoming a parent like donor conception (donor egg, donor sperm, donor embryo, double donor), adoption or living child free this podcast will connect with you at each of those crossroads and decision points. Those moments when you feel like your life is coming apart and have to make a huge life changing decision, unsure of what to do next.

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