



7 Must do's to Survive your 2WW During IVF



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I have a membership in the “**1 in 8**” Infertility Club. Really. After trying to conceive the “*Natural Way*” for almost 2 years, and finding out that the only way to motherhood in my case was **IVF** (In Vitro Fertilization), not other one but THAT ONE, it was really hard and devastating.

So I went along with my hubby through 5 cycles of IVF to be able to conceive; from that 5 cycles, 1 was canceled, 1 was a miscarriage and 1 was my stillbirth baby girl Isabelle at 39 weeks, the other 2 are my girls Eliyah and Maya.

Yes! Infertility suck!!! But Infertility and all my struggle through it, taught us (me and my hubby) a lot, not only that, it inspired me to open up about it and start coaching other women and couples walking the same path, it also inspired me to write a book “**The IVF Planner**”,

(<https://amzn.to/2TskySW>) a must have for anyone going through IVF, and I truly recommend to have a planner during this time, because trust me, keeping up the daily records and numbers you get during an *IVF Cycle* help you not only with being able to handle better the stress this brings, but also is a way to write your own story during this time, and one day be able to show your rainbow baby how bumpy and incredible at the same time, was the road to bring him/her to the world.

I realized that a *Planner* is not only a tool for journaling but also is a coaching tool, a unique and personal coaching tool.

Base on my own **IVF Journey** (5 cycles), I also learned that stress is one of the biggest and most difficult issues to handle during this time, so by being aware of knowing that i can' t control the waiting time, specially during the 2 week wait, the best to do is opening space to become creative and find opportunities.



Here are 7 things you can do to survive your 2WW and make it a easier one:

- 01. Go Easy after your Transfer.** Start journaling and if you already do, make it better, write your own story.
- 02. Eat Well, Rest but also Remember you are not sick,** so take a nice walk in the beach and if you din live close to the beach, still go take a walk.
- 03. Please Do not Test Early,** this put more pressure and stress on you, Wait until your beta test.
- 04. Color and Create,** art Therapy is a huge tool to release stress and focus our mind on something positive.
- 05. Watch Funny Movies** with your partner this makes time go faster and you also can have many laughs.
- 06. Pamper yourself,** Go to do a foot massage, a pedi, a mani, makeup, feel the beauty you have by right inside you.
- 07. Acupuncture is a great option too,** (not in the womb), but in the head, and along with meditation or chill music is a beautiful tool of peace and ease.

I truly hope that the message in this article/blog/newsletter can be of your benefit if you are struggling with infertility or going through any Medical intervention to reach motherhood.

Feel free to contact me, I always offer a discovery call at not cost and you can fill up a form to scheduled one by going to my website.

As always, with love and light,

Monica Fertility Life





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