

Journaling & Art Therapy:

Two Incredible Stress & Relief Tools
to use in our Journey to Motherhood



Monica Fertility Life

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My name is Monica Robles, I am a **Mindset & Holistic Fertility Coach**, I am not a famous individual or an influencer, I am a regular woman, Latina and proud of it, an IVF warrior & veteran with a story to tell and the aim to inspire other women & couples that are struggling to conceive. My story had a lot of ups and downs, and tears, but thankfully took me to the beautiful place I am now and inspired me to not only become a coach, but to become an author. Yes! I wrote the *Book The IVF Planner*, and I will be launching my *Coloring book Ranting Doodles*, in mid may 2021 G-d Willing.

My journey helped me to discover that during infertility, we must create or find our (in) fertility tool kit, and one of the things my (in) fertility tool kit had when I created it was Coloring Books and journaling, it truly made my journey a bit easier as well as helped in my self discovery through my struggle. As I always say, my pain became my purpose, and that's why I decide to write this article on the benefits of Art Therapy and journaling.

Art Therapy and Journaling are empowering and supportive tools that can be used during any time of stress in our lives. As a Mindset & Holistic Fertility Coach and from my own Struggle towards motherhood, I found out that anything related to creativity was extremely helpful during my journey.

TTC itself if is something we are looking for in a planned way, is stressful by itself, so imagine TTC with ART help... brings even more stress than Trying naturally, however, no matter which way we choose or have to go with to reach motherhood, it brings anxiety, stress and self-doubt on the process itself while walking it.

So, from my own experience and difficulties I had during my **Fertility Journey** (5 cycles of IVF to be more exact), I realize that one of many tools I could use to relief stress and keep my mind occupied with peace and some ease was Journaling and Art Therapy.



Art therapy can be something from Coloring pages, to knitting, to oil painting, to pottery or anything that can wake up the creativity side of our brains, for me Coloring was my favorite, as well as journaling.

(The IVF Planner has journaling space and the 2WW chapter has a mandala for each day of this crucial and stressful time).

These two tools are very effective for stress relief. They also are a form of mindfulness and meditation. It allows us to get out of our head from that anxiety and worry and look within our hearts, look within this sacred space that is our core.

They help us visualize somehow the beauty of creativity and tuned in with our intuition and unique core essence, it gives us space to focus on creating and by itself uplift our physical body, our mind, emotions and spiritual side.

Creativity helps to release serotonin, **our happy hormone**, and guess what? We all think that serotonin is in its biggest amounts in our brain, but is not, 70% of our serotonin is release in our gut, so imagine how much we can help our reproductive organs *(which are located in our abdomen where the gut is)* if we are happy, the serotonin releases there, and by default I will say, our womb and ovaries and sacred reproductive part will be happy too, ready to receive and ready to conceive).

Is a, lovely and fun way to bring calm and ease specially when we are anxious and doubtful, which is very common during a fertility journey.

Art therapy & Journaling keeps us in the present moment, teach us to be aware that we can't control the actual, situation and help us to ground ourselves. In Other words, these two tools are a great support to lean into when any situation is out of our control, and we by default start to have fears, worries, anxiety and desperation.

Remember we must be aware that most of difficulties are out of our control, but what we can control definitely is the way we react and take action upon to that situations and difficulties we can't control, so why not use tools and resources that help us to feel uplifted? Then our way of react will be uplifted as well.





I love what I do, I am working in my second edition of The IVF Planner, it will be more colorful and catchier to our eyes, I firmly believe that somehow we can manifest and create a lot of the situations in our lives, and why not starting with allowing ourselves to feel, and be aware that life is complicated, especially for us walking a fertility path, but still that life is something we can create and make it a little better, and I know is easy to say and very difficult to take action upon it, but hey! With practice we can make perfect, so try to stop and quiet your mind when you feel stress, give 15 or 20 minutes to all the thoughts you have, no matter if they are negative or not, if you feel you want to cry, scream, rant, vent, do so, the best way to bring positivity and creativity to our lives, is by being aware of what we feel when we are walking a very difficult path, because when we do it, we are recognizing that we are vulnerable, and once we allow to feel and express all what we have specially frustrating that's is a real let go, and then we will see the space we have once we let go by feeling, and is right there when we can create. So, give yourself a hug, nourish yourself, look around you, and wake up that little child we all still have inside and create!!!

As always with love and Light,

Monica Fertility Life





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