

3 STEPS TO STAY ORGANIZED DURING FERTILITY TREATMENT

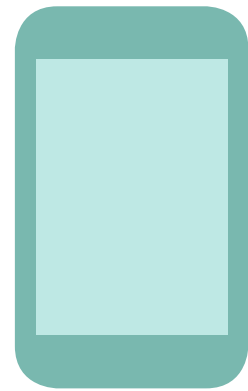
HOW TO AVOID ADDED STRESS WHEN TREATMENT IS TIME-SENSITIVE



Fertility treatments add stress to your already-busy life. Sometimes the emotional side of the experience can be overwhelming and make it difficult to feel like your usual, organized, successful self. Here are 3 steps to help organize all the new appointments, meds, and emotions.

1. GET THE RIGHT APP

Find one able to sync with your calendar, set reminders, handle a large volume of lists, and have a space where you can journal notes. I recommend Awesome Note (approx. \$4). I say app and not planner because your phone is usually there by your side anytime a thought or feeling pops into your head.



2. CREATE THESE EVENTS/REMINDERS

- Appointments
- Daily Meds (List every med and give it a due date/time that is recurring so you have a reminder)

3. CREATE THESE LISTS

- To Do - add to it each time you have an appointment. List tasks such as "order additional meds." Give each task a due date/time so you get a reminder.
- Questions for next Doctor Visit - be real here. Ask anything and everything. Don't expect yourself to remember all the questions.
- Journal - use this list to get your thoughts and experiences out of your head and onto e-paper. Include experiences with gratitude as well as being truthful about uncomfortable emotions.

If you feel like overwhelm and stress are starting to take over the process of trying to have a child, schedule a free counseling consultation online so you can ditch the stress and start to enjoy feelings of hopefulness and excitement about growing your family!



JoyEffectCounseling.com