



Fertility Freedom - Acute Stress

HOW TO RUN YOUR TTC JOURNEY AND NOT LET IT RUN YOU



Stop, Drop, and Roll - Vagal nerve techniques

- There is nothing to ADD to your list of to-do's...even when your mind is racing avoid the urge to start adding to your plate - You can't think your way out of worrying
- Stop, Drop, and Roll equivalent - "tap", "breathe", "meditate" etc. - pick a technique you can do immediately to interrupt the nervous system and give yourself some respite



Gratitude Gratitude Gratitude

- In moments of stress and anxiety, grounding yourself in your present reality is extremely helpful - worry and anxiety is usually rooted in future "dooming" or things that may or may not happen
- After a short tapping session or deep breathing etc., give your mind a few moments to think about 5 things you're grateful for. Focus on the present



Zoom out on your thoughts and imagine them as fish hooks

- Trying to restrict worried, anxious, or stressed thoughts or ignore them is a surefire way to give them power - when a triggering thought enters your mind, imagine that thought on the end of a fish hook...imagine you are a fish surrounded by fish hooks and you decide to swim by without biting on
- You control what you do, not your thoughts
- Your thoughts might be scary but they aren't dangerous