

Coping With The Holidays

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- Try to think ahead about upcoming stressful times or events. Planning how best to deal with these situations can minimize the effect they have on you.
- Take care of yourself during the holidays. Do nice things for yourself and your partner; take a day off of work to relax, go out to dinner, buy yourself a gift, etc. Take credit for taking good care of yourself.
- Get support; join a support group, talk to understanding family or friends.
- Remember that it is unlikely that you and your partner will be experiencing the same feeling about your infertility at the same time. An event that may be pleasant for your partner may be unbearable for you. Open communication with each other is extremely important.
- It is normal for those experiencing infertility to feel sad, depressed and anxious during the holiday season. Try not to add to your stress by appearing how you think you “should” be feeling; acting joyous and happy when in reality you are sad and exhausted will only add to your stress.
- Make every effort to limit your participation in social situations to those that are comfortable and enjoyable. If you must attend difficult social events, recognize that they are taxing on you and you will need extra rest to cope successfully.
- Consider starting your own family traditions; there is no need to focus on old family traditions if you find them painful. You may wish to spend time with friends who have no children or plan activities that are special for the two of you...a skiing trip, a cruise, special dinners or concerts, etc.
- Keep the holidays as simple as possible. Consider shopping on line or giving gift cards instead of going to the mall where you will be surrounded by babies, children and pregnant women.
- It may be helpful to focus on those less fortunate than yourself. Volunteering for a food drive or serving meals to the needy, etc. may lift your spirits.

Lastly, remember that the holidays will end and you along with many others may be greatly relieved!