

MENTAL HEALTH AND FERTILITY

IT'S NOT JUST A PHYSICAL JOURNEY—IT'S AN EMOTIONAL ONE TOO

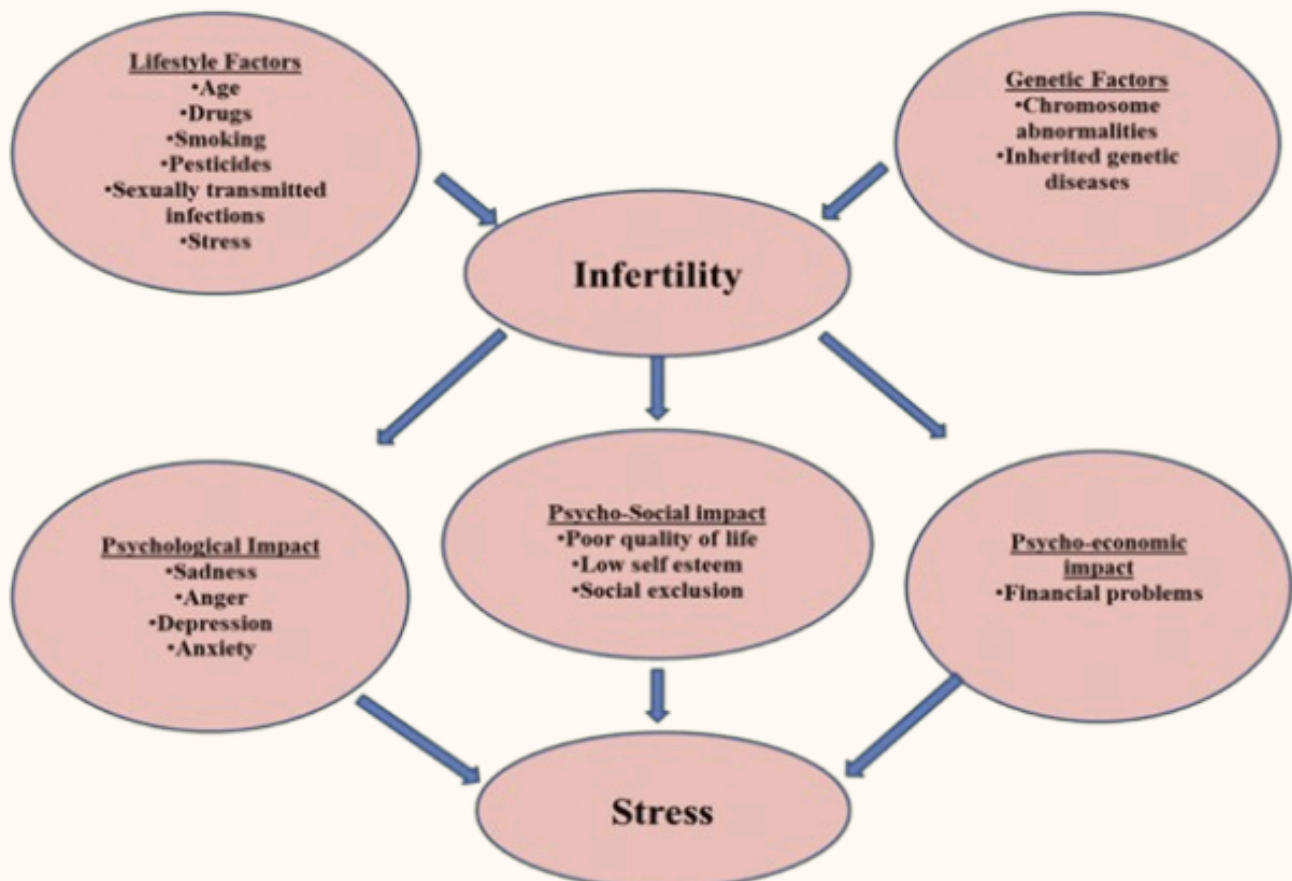
The Emotional Rollercoaster

Fertility treatments can bring hope—but also stress, anxiety, and self-doubt. Hormonal changes, uncertainty, and waiting periods often impact mental well-being.



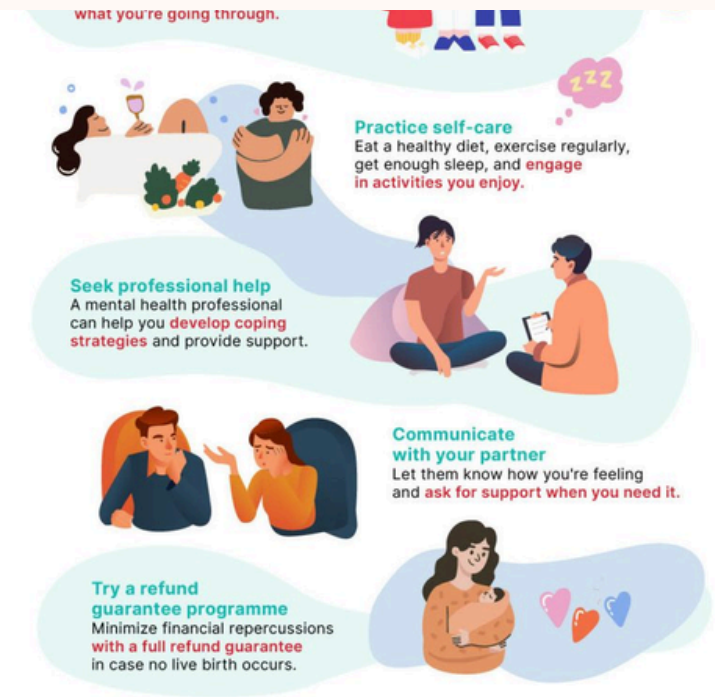
You're Not Alone

1 in 4 couples experience fertility challenges. Feeling overwhelmed is valid—and you're never alone in this journey.



Common Mental Health Challenges

- Anxiety about outcomes
- Feelings of guilt or shame
- Depression from repeated disappointments
- Relationship stress
- Social withdrawal



Coping Strategies That Help

💖 **Talk About It:** Share your feelings with a partner, friend, or therapist

🧘♀️ **Practice Self-Care:** Prioritize rest, gentle movement, and mindfulness

📅 **Set Boundaries:** Say no to events that trigger stress

🎨 **Distractions:** Engage in hobbies.

DR. MUKESH GUPTA
OBSTETRICIAN &
GYNECOLOGIST

+917045340141
lenest.india@gmail.com