

# Fertility Reset

3 SIMPLE WAYS TO FEEL MORE GROUNDED  
WHEN INFERTILITY FEELS LIKE  
IT'S TAKING OVER

Infertility can have a way of taking over everything—the appointments, decisions, relationships, waiting, hoping and wondering what comes next. When it all feels like too much, you don't have to figure out your entire fertility journey. *Come back to these three things.*

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## SEPARATE WHAT NEEDS YOUR ATTENTION

When everything feels overwhelming, it can start to feel like one giant problem.

Ask yourself:

*What actually needs  
my attention today?*

Is it something with your medical care, your relationships or support, or you?

Choose just one. The rest can wait.



## KEEP THIS SOMEWHERE YOU CAN FIND IT

On the days when infertility feels like it's taking over, come back to three questions:

*What needs my attention? / What do I need before I respond? / What can I do today that reconnects me with myself?*

You may not be able to control every part of this journey.

But you don't have to lose yourself while you're moving toward the baby you so deeply want.

*Abby Glass, LMFT*

CREATOR OF THE BEYOND FERTILITY METHOD  
818.903.6399

<https://www.theglassspace.com/beyondfertility>

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## PAUSE BEFORE YOU RESPOND

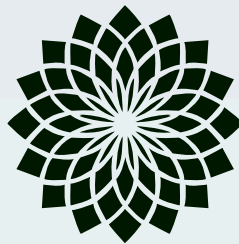
A call from the clinic, a test result or an unexpected question can send your mind ten steps ahead.

Before you respond or make a decision, put your feet on the floor and take one slow breath.

Then ask yourself:

*What am I feeling?  
What do I need?  
What actually needs  
to happen next?*

You don't have to respond to everything immediately.



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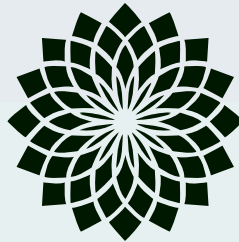


## MAKE ROOM FOR YOU

Fertility is part of your life.

*It is not your whole life.*

Do one small thing today that has nothing to do with trying to have a baby.  
Call a friend. Take a walk. Read. Make something. Go somewhere you love.  
Watch something ridiculous.  
It doesn't mean you want your baby any less.  
It means you're remembering that you are still you.



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