

How to thrive
IN THE TWO WEEK
WAIT



simple strategies to
get you through your TWW

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two weeks of wondering can be hard...

This is generally an emotionally difficult time for any given cycle, but when dealing with IVF/ FET it can be even more daunting... For those who find it tough, there are ways to thrive through your TWW



important tip

Testing early - Pregnancy tests detect human chorionic gonadotropin (hCG). In the first few weeks after implantation hCG levels double every 48-72 hours. This means that the level of hCG in pregnant women goes from nearly nothing to a lot in just a few days. You MAY be able to start detecting hCG levels early but to avoid false negatives (because hCG levels are still too low for detection) avoid testing early.

Leave the stress and worry associated with early testing behind and wait the full two weeks.

In this guide you will learn:

- How to take back control over your emotions and learn to enjoy yourself in wait
 - Learn strategies to help you thrive through the tireless 'what if's' and symptom spotting
 - How to eliminate anxiety and doubt, by replacing your stress with some positive endorphines in just a few simple actions!
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TIP #1 Clear Your Clutter

“The reason decluttering can get you through the TWW is two-fold. First it is a physical distraction that will help you pass the time. Secondly, the act of clearing space and purging, can have a number of benefits to your mental well-being...



1. **Your Mood**- The psychological impact of “stuff” is hard to ignore. Clutter can make you feel cranky, not only because it's visual noise, but it also can send you signals that you don't have your life together.

2. **Let Go of the Past** - Do yourself a favour and get rid of anything that drags you down, especially if it messes you up emotionally! Often the way clutter affects you has little to do with quantity... but rather how it makes you feel and the emotional attachment you have to an object.

3. **Spark Joy** - Reality is that we hang onto far more objects than we need and instead of motivating us, they become talismans of guilt and shame. Keep things that inspire or motivate you.

TIP #2 Life is Better with Friends

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No one said you had to go through this alone! Ease your burden and enjoy the company of others during the TWW.



1. **Busy Bee** - After you get busy, stay busy. The best way to keep your mind from running wild with possibilities is to occupy it with other stuff! Call up a friend or your mom & get a mani/pedi, go shopping, have a girls' night out, or enjoy a date night! You've done all you can, and now it's time to sit back, relax and let Mother Nature take over.
2. **Over the Obsessing** - I know it's likely you can't stop thinking about it but don't let conception be the main topic of every conversation. Constantly speaking on it will only fuel your anxiety and while not discussing it regularly won't get it out of your mind, it may keep you from perpetuating any obsessions.
3. **Find Your Tribe** - The online infertility community is vast. Set up an account on Instagram or find a support group through Facebook and take inspiration and solace from those struggling along with you.

TIP #3 Laughing is Living



Think about the last time you had a good laugh...how did you feel?

I would guess pretty damn good and that's no surprise!



- 1. So Long Stress** - Laughter is the natural enemy of stress because they are physiological opposites... one prevents the other. Laughter diminishes the secretion of cortisol & epinephrine (stress hormones). Research found that women who laughed for 15-minutes immediately after fertility treatment dramatically increased the chances of a successful pregnancy!
 - 2. Happy Hormones** - Laughter can act as a coping mechanism if you are upset, angry or sad. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Laughter lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.
 - 3. Stockpile Smiles** - Leading up to you TWW, set aside things that will make you laugh! Hold off on watching your favourite comedies or a favourite comedians act and then binge watch them during the wait and reap the benefits!
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QUICK REFERENCE

Declutter

1.
 - Your Mood
 - Let Go of the Past
 - Spark Joy

Social Call

2.
 - Busy Bee
 - Over the Obsessing
 - Find Your Tribe

Laughter

3.
 - So Long Stress
 - Happy Hormones
 - Stockpile Smiles



Sending you baby dust and some healthy baby vibes....

You have got this. It isn't easy, no matter how long you have been on the baby train. That being said, there is no reason to make things harder on yourself during this time. Hopefully a few of these tricks help you through your TWW with a little more ease.

There is so much about the fertility process that is out of our control but ***our thoughts and actions are one thing we can take charge of***- I encourage you to focus on these instead of the "what ifs".



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Thank you!