

# emotional wellness tips for your egg freezing journey

## Emotional Wellness Tips for Your Egg Freezing Journey

Embarking on the journey of egg freezing is a significant life decision, filled with both excitement and uncertainty. While the medical aspects are crucial, often overlooked is the emotional rollercoaster that accompanies this process. This comprehensive guide offers practical and compassionate emotional wellness tips to help you navigate your egg freezing journey with greater ease and self-compassion. We'll explore strategies for managing stress, anxiety, and the complex emotions that may arise, ensuring you prioritize your mental and emotional well-being throughout this transformative experience.

### Understanding the Emotional Landscape of Egg Freezing

The decision to freeze your eggs is rarely made lightly. It's often driven by career aspirations, relationship uncertainties, or a desire to delay motherhood. Regardless of your reasons, the process itself can be emotionally taxing. You might experience a range of feelings, including:

**Anxiety:** The unknown, the medical procedures, and the potential for success or failure can trigger significant anxiety.

**Stress:** The physical demands of the process, coupled with the emotional weight of the decision, contribute to heightened stress levels.

**Guilt:** Some women experience guilt about their choice, questioning whether they're making the "right" decision or feeling pressured by societal expectations.

**Sadness or Grief:** Facing the reality of infertility or the possibility of future challenges can evoke feelings of sadness or grief.

**Hope and Excitement:** Despite the challenges, many women also feel a sense of hope and excitement

about securing their reproductive future.

Acknowledging these emotions is the first crucial step toward managing them effectively. Suppressing your feelings will only make the journey harder.

## **Prioritizing Self-Care During Egg Freezing**

Self-care isn't a luxury; it's a necessity, especially during a physically and emotionally demanding process like egg freezing. Here are some practical self-care strategies to integrate into your routine:

**Mindfulness and Meditation:** Practicing mindfulness, even for a few minutes a day, can help ground you in the present moment and reduce feelings of anxiety. Guided meditation apps can be incredibly helpful for beginners.

**Regular Exercise:** Physical activity releases endorphins, which have mood-boosting effects. Find an activity you enjoy, whether it's yoga, walking, swimming, or dancing. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

**Nourishing Your Body:** Eat a balanced diet rich in fruits, vegetables, and whole grains. Avoid excessive caffeine and alcohol, which can exacerbate anxiety and stress. Prioritize sleep; aim for 7-8 hours of quality sleep each night.

**Connect with Supportive People:** Share your experience with trusted friends, family members, or a therapist. Having a strong support system can make a world of difference. Consider joining a support group for women undergoing fertility treatments – connecting with others who understand what you're going through can be incredibly validating.

**Set Realistic Expectations:** Remember that the egg freezing process is not always straightforward. Accepting that there are uncertainties and potential setbacks can help prevent disappointment and manage expectations.

## **Building a Strong Support System**

Having a strong support network is paramount. This involves:

**Open Communication:** Talk to your partner, close friends, and family about your experience. Let them know how you're feeling and what kind of support you need.

**Seeking Professional Help:** Don't hesitate to reach out to a therapist or counselor specializing in reproductive health. They can provide a safe space to process your emotions and develop coping mechanisms.

**Online Communities:** Connect with other women going through egg freezing online. Sharing experiences and receiving encouragement from others can be invaluable. However, remember to prioritize reliable sources and be mindful of potentially triggering content.

## **Managing Stress and Anxiety Effectively**

Specific strategies to manage stress and anxiety during your egg freezing journey include:

**Deep Breathing Exercises:** Deep, slow breaths can help calm your nervous system and reduce feelings of anxiety. Practice this technique whenever you feel overwhelmed.

**Progressive Muscle Relaxation:** This technique involves systematically tensing and relaxing different muscle groups in your body, reducing physical tension and promoting relaxation.

**Journaling:** Writing down your thoughts and feelings can be a powerful way to process emotions and gain clarity.

**Time Management:** Create a schedule that allows for sufficient rest and relaxation. Avoid overcommitting yourself during this time.

## **Navigating the Post-Procedure Period**

The emotional journey doesn't end once the egg freezing procedure is complete. It's crucial to continue prioritizing your emotional well-being:

**Self-Compassion:** Be kind to yourself. The process can be physically and emotionally draining. Allow yourself time to recover and heal.

**Celebrate Milestones:** Acknowledge and celebrate your achievements, no matter how small.

**Continue Self-Care Practices:** Maintain your self-care routine to support your ongoing emotional health.

## Conclusion

The egg freezing journey is a unique and personal experience. By prioritizing emotional wellness alongside the medical aspects, you can navigate this transformative period with greater strength and resilience. Remember to embrace self-compassion, build a strong support system, and utilize effective stress management techniques. Your emotional well-being is just as important as your physical health throughout this process.

## FAQs

1. Is it normal to feel anxious before and during egg retrieval? Yes, anxiety is a common emotion associated with egg retrieval. It's a significant medical procedure, and it's perfectly understandable to feel apprehensive.
2. How can I cope with feelings of guilt about egg freezing? Talk to a therapist or counselor who can help you explore and process your feelings of guilt. Connecting with others who have undergone the procedure can also help normalize your experience.
3. What if I experience unexpected emotional challenges after the procedure? It's important to seek professional support if you're experiencing significant emotional distress after your procedure. A therapist or counselor can help you develop coping mechanisms and navigate these challenges.
4. Are there support groups specifically for women undergoing egg freezing? Yes, many online and in-person support groups exist for women undergoing egg freezing. These groups provide a safe and supportive environment to share experiences and connect with others who understand what you're going through.
5. How can I maintain a positive mindset throughout the entire process? Focus on self-care, build a strong support system, practice mindfulness, and celebrate milestones. Remember that seeking

professional help is a sign of strength, not weakness.

**emotional wellness tips for your egg freezing journey: Everything Egg Freezing** Brittany

Hawkins, Catherine Hendy, 2019-09-21 Are you unsure whether egg freezing is right for you? Or what the process actually involves? Did you know there are things you can do to boost your fertility before treatment? Imagine a dozen of the best fertility doctors and scientists from around the world all here to give you their advice about fertility, plus frank insights from women who've experienced egg freezing firsthand. Engaging and empowering, Everything Egg Freezing educates women about the big fertility questions of this generation. In clear steps that are relevant and practical, it helps women feel more confident in their decision making and more in control of their reproductive health. This book gives actionable advice to optimize fertility, including: How egg freezing works & how effective it is What is considered the right age to egg freeze Unbiased tools to determine if egg freezing is right for you How to find the best clinic Comprehensive evidence on what you can do to get fertility fit The real power of everything from fertility supplements and fertility tea to fertility testing strips What to expect physically and emotionally throughout treatment: the good, the bad and the side effects The exact tools to prepare your body for the best outcome and experience This book is for you if you... Are unsure if egg freezing is right for you Are thinking about freezing your eggs Are looking for a clinic and wondering how to pick one Want to learn more about pricing and financing options for egg freezing Want to fully understand the risks and benefits and side effects of egg freezing If you are preparing to egg freeze and want to set yourself up for success If you want to know what to expect If you've already frozen your eggs and you're considering doing it again If you're a doctor, nurse or dietician looking to learn more about fertility and egg freezing In conclusion: Your doctor will manage your clinical care. For everything else you need to know about egg freezing, read on...

**emotional wellness tips for your egg freezing journey: Yes, You Can Get Pregnant** Aimee

E. Raupp, 2014-05-22 This is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in this book, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually.

**emotional wellness tips for your egg freezing journey: The Fertility Experts' Guide to Egg Freezing** Emily Gray, RN, Julie Lamb, MD, 2020-12 The Fertility Experts' Guide to Egg Freezing is your go-to resource for learning about the process of egg freezing from start to finish. It's a quick field guide to everything you need to know about the process, boiled down by an expert doctor and nurse team. Together, the duo lay out-step-by-step-exactly how egg freezing works, what to plan for and expect from the fertility treatments, and invaluable tips and tricks for anyone going through an egg freezing cycle-or even just considering if egg freezing is the right step to take for their family-building goals. At a critical time when women are taking more control over their careers and their futures, this book empowers women to learn about their fertility and all the options they have available to them. You already plan for your financial future-now it's time to plan for your future fertility and the family you'd like to have. This book is a must-have resource that will help you decide if egg freezing is right for you.

**emotional wellness tips for your egg freezing journey:** *Eggs Unscrambled* Agnes Fischer, 2017-04-25 Everything you need to know about egg freezing . . . because your most productive years coincide with your most reproductive years. "I have plenty of time to think about having kids . . ." "I've always liked the idea of having kids, but I never met the right partner . . ." "Can't I freeze my eggs later . . . ?" Sound familiar? Eggs Unscrambled is the girlfriend's guide to everything you need to know about your reproductive options, especially the groundbreaking technology that has revolutionized the modern woman's life: oocyte cryopreservation. With the help of NYU Langone Fertility Center's Dr. Nicole Noyes and Dr. Sarah Druckenmiller, Fischer debunks common misconceptions about fertility, offers no-nonsense details of the egg freezing process, and lays out a real plan to help you make important life-changing decisions in an informed way. THE TRUTH: —The number of eggs in a woman's ovaries peaks while she is still in the womb, and it is all downhill from there! —Women only spend about twelve minutes every year talking to their gynecologists. —Men have a biological clock, too. THE LIES: —Getting pregnant is easy. —Prince Charming will come, one day. —You have all the time in the world—even into your forties—to get pregnant. THE ESSENTIAL QUESTIONS: —At what age should you start considering egg freezing? —Are you willing to be a single mom? —Can you afford the expensive procedure?

**emotional wellness tips for your egg freezing journey: IVF: All You Need To Know** Susan Bedford, Clare Goulty, 2020-01-09 Written by world-leading fertility experts and edited by mums who have undertaken multiple cycles of IVF and know what it takes to succeed, this guide advises you on the entire IVF process and how to maximise your chances of success . All IVF topics are covered, from how to choose your fertility clinic, to understanding the stages of an IVF cycle, to how to prepare yourself physically and emotionally for the treatment. · Looks at how to optimise your nutrition and how to improve egg and sperm quality · Examines the growing trends of egg freezing and donor-assisted IVF · Shares real-life stories of a variety of IVF journeys and their inspiring outcomes · Includes key contributions from the Human Fertilisation and Embryology Authority (HFEA), the UK's independent regulator for fertility treatment and research IVF: All You Need to Know is an essential handbook for couples and individuals who are considering IVF, who want to find out what's involved, and who want to be as well prepared as they can be. It is also for those who may have already tried IVF, have experienced failed cycles and want to boost their chances of success next time around.

**emotional wellness tips for your egg freezing journey:** Perfect Hormone Balance for Fertility Robert A. Greene, M.D., Laurie Tarkan, 2008-04-29 FOR THE ONE IN FIVE COUPLES WHO EXPERIENCE DIFFICULTY CONCEIVING You have more than one hundred hormones circulating in your body-reproductive hormones, pregnancy hormones, sex hormones, metabolic hormones, and stress hormones-relaying messages from tissue to tissue, organ to organ, brain to body, and body to brain. An equilibrium, a perfect balance in both partners, often determines your ability to conceive and support a pregnancy. When your body is imbalanced, conception becomes very difficult. Luckily, hormonal imbalances can be corrected. Drawing on the latest research in this field-which links underlying hormonal issues with infertility in men and women-Dr. Robert Greene, fertility specialist, ob/gyn, and reproductive endocrinologist, has created the Perfect Balance Fertility Program to help patients attain the optimal hormonal health that is necessary for conception. In Dr. Robert Greene's Perfect Hormone Balance for Fertility, he shares his groundbreaking program so you can: •Identify and correct the causes of the hormonal issues that affect fertility •Use nutrition, exercise, and stress-reduction techniques to achieve a healthy equilibrium through a personalized plan •Determine when it's time for basic or advanced reproductive techniques, such as IVF, and learn how to be your own advocate so you can avoid costly and unnecessary tests and treatments Comprehensive, friendly, and accessible, Dr. Robert Greene's Perfect Hormone Balance for Fertility reveals all your best options for achieving the optimal hormonal levels that will positively impact your chances for a successful pregnancy.

**emotional wellness tips for your egg freezing journey: Auston the Magical Egg** Stephanie Macri, Vince Macri, 2021-02-08 When a little boy named Auston notices a bird's nest in his

backyard, with a mommy bird and her three little eggs, he is very excited. He watches them for days until the eggs hatch and become little baby birds! It's truly amazing, but he has so many questions! He starts to wonder where he came from. He even wonders if he started out his life as a tiny egg, just like the adorable little birds. He has no idea that his mommy has an amazing story to tell him, about eggs, babies, and doctors who help Mommies and Daddies create them when they can't manage on their own. He learns that his parents needed that kind of help too, and that they needed to work really hard just to have him, after years of trying. Hearing her story, Auston learns how very special he is, and just how loved and wanted he has always been.

**emotional wellness tips for your egg freezing journey:** *The Trying Game* Amy Klein, 2020-04-07 From the author of "Fertility Diary" for the New York Times Motherlode blog comes a reassuring, no-nonsense guide to both the emotional and practical process of trying to get pregnant, written with the smarts, warmth, and honesty of a woman who has been in the trenches. "A compassionate, often funny, well-researched, and ultimately empowering guide."—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* There are so many ways to be Not Pregnant: You can be young, old, partnered, or unpartnered. Maybe you have endometriosis. Maybe you don't have enough eggs or your partner doesn't have enough sperm. Or maybe there's nothing wrong except you're Just. Not. Pregnant. Amy Klein has been there. Faced with fertility obstacles, she quickly became an expert. After nine rounds of IVF, four miscarriages, three acupuncturists, two rabbis, and one reproductive immunologist, she finally became a mother. And she wrote about it all for the New York Times Motherlode blog in her "Fertility Diary" column. Now, Amy has written the book she wishes she'd had when she was trying to get pregnant. With advice from medical experts as well as real women, she outlines your options every step of the way, from questions you should ask to advice on getting your mother-in-law to mind her own beeswax. In this comprehensive road map to infertility, you'll find topics such as: • whether to freeze your eggs • finding (and affording) a clinic • what to expect during your first IVF cycle • baby envy—aka it's okay to skip your friend's shower • whether the alternative route—acupuncture, herbs, supplements—is for you • helpful tips, charts, and more! Empowering, compassionate, and down-to-earth, *The Trying Game* will show you what to expect when you're not expecting with heart and humanity when you need it the most.

**emotional wellness tips for your egg freezing journey:** *The Food Medic* Hazel Wallace, 2017-05-04 Junior Doctor, personal trainer and Instagram hit Dr Hazel Wallace's first book brings you over 70 nutritional recipes to look and feel amazing whilst debunking the diet myths. 'I'm a girl who juggles two jobs, who loves to lift, who adores real food - and can't resist chocolate. As a junior doctor and a personal trainer, I know that we all feel our best when we are free of illness, full of energy and at a healthy weight - and I know it can be done, even if you lead the busiest of lives! I want to debunk the myths that are out there surrounding dieting and instead offer solid, evidence-based advice. I want to bridge the gap between mainstream medicine and nutrition and help you take full control of your fitness and wellbeing, so you will never have to diet again. I want to show you that eating the most natural, unrefined and unprocessed wholefood ingredients can be enjoyable, uncomplicated and easy to incorporate into a busy lifestyle. I want this book to change your life.' Hazel x

**emotional wellness tips for your egg freezing journey:** *Blastocyst Implantation* Koji Yoshinaga, 1989

**emotional wellness tips for your egg freezing journey:** *Sophie's World* Jostein Gaarder, 2007-03-20 A page-turning novel that is also an exploration of the great philosophical concepts of Western thought, Jostein Gaarder's *Sophie's World* has fired the imagination of readers all over the world, with more than twenty million copies in print. One day fourteen-year-old Sophie Amundsen comes home from school to find in her mailbox two notes, with one question on each: Who are you? and Where does the world come from? From that irresistible beginning, Sophie becomes obsessed with questions that take her far beyond what she knows of her Norwegian village. Through those letters, she enrolls in a kind of correspondence course, covering Socrates to Sartre, with a

mysterious philosopher, while receiving letters addressed to another girl. Who is Hilde? And why does her mail keep turning up? To unravel this riddle, Sophie must use the philosophy she is learning—but the truth turns out to be far more complicated than she could have imagined.

**emotional wellness tips for your egg freezing journey: *It Starts with the Egg*** Fertility Cookbook Rebecca Fett, 2020-10-01 The cookbook companion to the groundbreaking fertility book *It Starts with the Egg*. A wealth of scientific research shows that adopting a Mediterranean diet can help you get pregnant faster and boost success rates in IVF. This book helps you put that research into practice, with over 100 recipes inspired by the Mediterranean diet, along with answers to all your questions about nutrition and fertility. Recipes include • Smoked Salmon and Leek Frittata • Baked Falafel with Lemon Tahini Dressing • Chicken Souvlaki with Avocado Tzatziki • Pan-Fried Snapper with Salsa Verde • Dairy-Free Chicken Alfredo • Low-Carb Rosemary Flatbread • Blueberry Almond Cake • Pecan Chocolate Chip Blondies

**emotional wellness tips for your egg freezing journey: *The Skinnytaste Cookbook*** Gina Homolka, Heather K. Jones, R.D., 2014-09-30 Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet Muffins that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, *The Skinnytaste Cookbook* is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

**emotional wellness tips for your egg freezing journey: *It Starts with the Egg*** Rebecca Fett, 2019-02-28 A practical and evidence-backed approach for improving egg quality and fertility--fully revised and updated in 2019. The latest scientific research reveals that egg quality has a powerful impact on how long it takes to get pregnant and the risk of miscarriage. Poor egg quality is in fact the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. Based on a vast array of scientific research, *It Starts with the Egg* provides a comprehensive program for improving egg quality in three months, with specific advice tailored to a variety of fertility challenges-- including endometriosis, unexplained infertility, diminished ovarian reserve, PCOS, and recurrent miscarriage. With concrete strategies such as minimizing exposure to common environmental toxins, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help you get pregnant faster and deliver a healthy baby.

**emotional wellness tips for your egg freezing journey: *Spiritual Fertility*** Dr. Julie Von, 2019-07-16 "The dynamic spark that is responsible for creating each new human being cannot be reduced to a mass of cells and biochemical processes. There is a deeper mystery at play that women who are struggling with fertility can tap into." This book explains how to use the tools of spirituality and psychology to relax the endocrine system, change your perspective, and get pregnant. Everyone is fertile; however, our common standards for measuring fertility are faulty. Today, our currently accepted narratives around fertility offer much in the way of diagnosis, but little in the way of customized care and consideration of a woman's entire mind, body, and spirit. The dynamic spark responsible for creating each new human being cannot be reduced to a mass of cells and biochemical processes. There is a deeper mystery at play, one that women struggling with fertility can tap into. In this ground-breaking book, holistic fertility doctor Dr. Julie Von shows women a new

way to approach fertility so that the entire experience of becoming pregnant is energetically uplifting. She shares tools and techniques that help nourish and build women's receptive energy to connect to the spiritual and unseen aspects of creating life. Dr. Von helps readers understand that principles of cosmic timing can be applied to all processes having to do with fertility and child-rearing, from freezing eggs, to conceiving, to choosing to adopt. With close to 20 years of clinical experience, Dr. Von has witnessed firsthand the power of the spiritual within fertility to balance the hormonal system and promote a healthy pregnancy.

**emotional wellness tips for your egg freezing journey: Case Studies in Infant Mental Health** Joan J. Shirilla, Deborah Weatherston, 2002 Case Studies in Infant Mental Health offers 12 real-life stories written by infant mental health specialists about their work with a young child and family. Each case study also reveals the supervision and consultation that supported the specialist, and the specialists interaction with the larger service system. Discussion questions at the end of each case study guide self-reflection or group study.

**emotional wellness tips for your egg freezing journey: I Dreamed of You: the Story of an Egg Donor Baby** Lori Metz, 2020-09-04 I Dreamed of You tells a story of how the parent and child came to be together. Lori Metz is a licensed clinical social worker, certified in case management and broad certified in telemental health. Lori has had the privilege of working with individuals, couples & groups and hosts a podcast called LIFE, love, insight, fertility, experiences. I Dreamed of You was written in response to the experiences encountered by many of those I've worked with as they attempted to find balance and comfort in their donor egg journeys. I Dreamed of You is a way to open up this important and impactful conversation. It allows the mother to embrace all of the love, caring, nurturing, and desire she gave to the child from contemplation to birth and beyond. It takes so much love to tell the story of how the child came to be, and this..... is a love story. Lori Metz brings her compassionate love and grounded wisdom to help families come to greater acceptance, understanding and celebration of their journey with egg-donation. This book is a gift that parents and their children will appreciate and treasure! Dr. Miriam Pineles, DACM, L.AC. A reproductive tissue donor (egg, sperm or embryo) is an important partner in family building for hundreds of thousands of families. They say that DNA does not make a family- LOVE does. That resonates with many of us who have adopted aunts, uncles, cousins etc into their tribe, who have strained or non-existent relationships with blood relatives, who have blended families of any kind. Biology is not destiny! Who we are is shaped by our environment, by our education and upbringing. Being a parent is NOT defined by genetics. I 'Dreamed of You' is a comforting ritual for anyone on a family building (through reproductive tissue donation or otherwise) journey. Carol Lunn Curchoe, PhD, Reproductive Physiologist & Founder, ART Compass [www.artcompass.io](http://www.artcompass.io) This book is a wonderful tribute to the love between parent and child and the journey many parents embark on to meet their babies. Dr. Meivys Garcia, Reproductive Endocrinologist & Fertility Specialist

**emotional wellness tips for your egg freezing journey: The White Darkness** David Grann, 2018-10-30 From the #1 New York Times bestselling author of Killers of the Flower Moon and The Wager, a thrilling and powerful true story of adventure and obsession in the Antarctic, lavishly illustrated with color photographs. [Grann is] one of the preeminent adventure and true-crime writers working today.—New York Magazine Henry Worsley was a devoted husband and father and a decorated British special forces officer who believed in honor and sacrifice. He was also a man obsessed. He spent his life idolizing Ernest Shackleton, the nineteenth-century polar explorer, who tried to become the first person to reach the South Pole, and later sought to cross Antarctica on foot. Shackleton never completed his journeys, but he repeatedly rescued his men from certain death, and emerged as one of the greatest leaders in history. Worsley felt an overpowering connection to those expeditions. He was related to one of Shackleton's men, Frank Worsley, and spent a fortune collecting artifacts from their epic treks across the continent. He modeled his military command on Shackleton's legendary skills and was determined to measure his own powers of endurance against them. He would succeed where Shackleton had failed, in the most brutal landscape in the world. In 2008, Worsley set out across Antarctica with two other descendants of Shackleton's crew, battling

the freezing, desolate landscape, life-threatening physical exhaustion, and hidden crevasses. Yet when he returned home he felt compelled to go back. On November 13, 2015, at age 55, Worsley bid farewell to his family and embarked on his most perilous quest: to walk across Antarctica alone. David Grann tells Worsley's remarkable story with the intensity and power that have led him to be called simply the best narrative nonfiction writer working today. Illustrated with more than fifty stunning photographs from Worsley's and Shackleton's journeys, *The White Darkness* is both a gorgeous keepsake volume and a spellbinding story of courage, love, and a man pushing himself to the extremes of human capacity. Look for David Grann's latest bestselling book, *The Wager*!

**emotional wellness tips for your egg freezing journey:** *CDC Yellow Book 2018: Health Information for International Travel* Centers for Disease Control and Prevention CDC, 2017-04-17  
**THE ESSENTIAL WORK IN TRAVEL MEDICINE -- NOW COMPLETELY UPDATED FOR 2018** As unprecedented numbers of travelers cross international borders each day, the need for up-to-date, practical information about the health challenges posed by travel has never been greater. For both international travelers and the health professionals who care for them, the *CDC Yellow Book 2018: Health Information for International Travel* is the definitive guide to staying safe and healthy anywhere in the world. The fully revised and updated 2018 edition codifies the U.S. government's most current health guidelines and information for international travelers, including pretravel vaccine recommendations, destination-specific health advice, and easy-to-reference maps, tables, and charts. The 2018 Yellow Book also addresses the needs of specific types of travelers, with dedicated sections on: · Precautions for pregnant travelers, immunocompromised travelers, and travelers with disabilities · Special considerations for newly arrived adoptees, immigrants, and refugees · Practical tips for last-minute or resource-limited travelers · Advice for air crews, humanitarian workers, missionaries, and others who provide care and support overseas Authored by a team of the world's most esteemed travel medicine experts, the Yellow Book is an essential resource for travelers -- and the clinicians overseeing their care -- at home and abroad.

**emotional wellness tips for your egg freezing journey:** *Single State of Mind* Andi Dorfman, 2018-01-09 The breakout star of ABC's *The Bachelorette* and New York Times bestselling author of *It's Not Okay* returns with a "relatable AF" (Cosmopolitan) collection of her adventures as a still-single gal surviving and thriving in New York City. Sharing moments like finding her first New York apartment (the front door broke so she had to use the fire escape), her first dates on "celebrity Tinder" (just as bad as regular Tinder) and finally, watching her ex-fiancé propose to another woman on *Bachelor in Paradise*, Andi Dorfman doesn't shy away from pulling back the curtain on the life of a reality star who's returned to reality. Once again, Dorfman "doesn't hold back" (HuffPost) as she recounts her romantic mishaps, city adventures, and, of course, insider *Bachelor* experiences. *Single State of Mind* is Sex and the City for the reality TV generation.

**emotional wellness tips for your egg freezing journey:** *No Period. Now What?* Nicola J Rinaldi, Stephanie G Buckler, Lisa Sanfilippo Waddell, 2016-04-14 The authoritative guide to recovering from hypothalamic amenorrhea; no period due to some combination of underfueling (consciously or not), high intensity exercise, weight that is too low for you and/or weight loss, and stress. There is also a comprehensive section on fertility and fertility treatments for those interested in getting pregnant.

**emotional wellness tips for your egg freezing journey:** **The Fertility Diet: Groundbreaking Research Reveals Natural Ways to Boost Ovulation and Improve Your Chances of Getting Pregnant** Jorge Chavarro, Walter C. Willett, Patrick J. Skerrett, 2007-11-28 The first fertility-boosting guide to feature the cutting-edge research results on fertility from the Nurses' Health Study More than 6 million women in the United States alone experience infertility problems User-friendly, medically approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical School's top voices in nutrition

**emotional wellness tips for your egg freezing journey:** *Hilariously Infertile* Karen Jeffries, 2018-08-26 This book, titled *Hilariously Infertile*, is on a mission to make others who have struggled with infertility, laugh (perhaps while their feet are still in the stirrups and their vaginas are enjoying

the fresh air of the fertility clinic). It is a comedic, self-deprecating, look into the harsh, scary, and often sad world of infertility. Hilariously Infertile will make you laugh out loud while wishing you could have a glass of wine with the author and discuss how you relate to her story is. The author pokes fun at the infertility world, with jokes, such as, equating the constant gynecological exams to her sluttiest days in college, and wondering if her husband will be home in time to stick it (the IVF ass shot) into her butt. We follow the author's journey from trying to conceive on her own, discovering she is infertile, getting pregnant, and then doing it all again for her second child. The entire journey is marked with uproarious scenes that any woman who has ever been to the gynecologist can identify with. At times, the author's candor will surely lead the reader to conclude that the outlandish stories cannot be true. But they are, all of them. Included in the journey is a chapter on being a new mom. This chapter is funny and real. It does not boast about being a parent, to those who still may be on that path; rather, it speaks candidly about the adjustment to a new life that the author worked hard to achieve, via fertility treatments, and yet still was not ready for. There is no filter for the author of Hilariously Infertile. This book tells it like it is, from sex, to infertility, to being a mother and a wife. If you have thought it somewhere deep down inside, this book says it aloud.

**emotional wellness tips for your egg freezing journey: Stick It to Me, Baby!** Dr. Danica Thornberry DAOM, 2016-03-08 For women who struggle with infertility, the process of conceiving and carrying a baby is fraught with physical, emotional and spiritual anguish. Renowned acupuncturist and fertility expert Danica Thornberry has guided thousands of women along a journey back to themselves to reclaim their fertility - and their lives. In *Stick It to Me, Baby!* Danica weaves together the wisdom of Chinese medicine and the insights from her own pilgrimage to baby into a tapestry of inspirational stories collected within the walls of her practice. She reveals how changing our attitude about infertility can lead to profound healing - turning the quest for baby into a powerful and transformative journey toward wholeness and love.

**emotional wellness tips for your egg freezing journey: The Impatient Woman's Guide to Getting Pregnant** Jean M. Twenge, 2012-04-17 Comforting and intimate, this “girlfriend” guide to getting pregnant gets to the heart of all the emotional issues around having children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. *The Impatient Woman's Guide to Getting Pregnant* is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who's been through it all. And in fact, Dr. Jean Twenge has been through it all—the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging— that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you've been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you're ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, *The Impatient Woman's Guide to Getting Pregnant* is the bedside companion to help you through it.

**emotional wellness tips for your egg freezing journey: Making Babies** Jill Blakeway, Sami S. David, 2009-08-12 *Making Babies* offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying fertility types,

they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. *Making Babies* is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one baby at a time.

**emotional wellness tips for your egg freezing journey:** *I Had a Miscarriage* Jessica Zucker, 2021-03-09 Sixteen weeks into her second pregnancy, psychologist Jessica Zucker miscarried at home, alone. Suddenly, her career, spent specializing in reproductive and maternal mental health, was rendered corporeal, no longer just theoretical. She now had a changed perspective on her life's work, her patients' pain, and the crucial need for a zeitgeist shift. Navigating this nascent transition amid her own grief became a catalyst for Jessica to bring voice to this ubiquitous experience. She embarked on a mission to upend the strident trifecta of silence, shame, and stigma that surrounds reproductive loss—and the result is her striking memoir meets manifesto. Drawing from her psychological expertise and her work as the creator of the #IHadaMiscarriage campaign, *I Had a Miscarriage* is a heart-wrenching, thought-provoking, and validating book about navigating these liminal spaces and the vitality of truth telling—an urgent reminder of the power of speaking openly and unapologetically about the complexities of our lives. Jessica Zucker weaves her own experience and other women's stories into a compassionate and compelling exploration of grief as a necessary, nuanced personal and communal process. She inspires her readers to speak their truth and, in turn, to ignite transformative change within themselves and in our culture.

**emotional wellness tips for your egg freezing journey:** *Your Healthiest Healthy* Samantha Harris, 2018 This book will change your life! --Kris Jenner What a great read! . . . This is such an incredible resource for all-around healthy living. --Brooke Burke From celebrity TV host and cancer survivor Samantha Harris comes a comprehensive action plan for helping to prevent and fight cancer and living your best, healthiest life. Millions watched Samantha Harris share the story of her breast cancer diagnosis and double mastectomy at age 40. Now she offers an easy, eight-step plan for overcoming adversity, helping to fight cancer, and living a healthier, happier life. *Your Healthiest Healthy* combines her inspiring journey with research-backed advice, recipe and menu guides, workout charts, milestone logs, relationship activities, cheat sheets, checklists, and other must-have tools and resources.

**emotional wellness tips for your egg freezing journey:** *Fighting Infertility* Samantha Busch, 2021-03-30 As Samantha's and Kyle Busch's public lives grew more pronounced, their private life was being torn apart. The frustrations and uncertainty of their fertility problems took a toll on them as individuals and as a couple, creating a cyclone of emotions that threatened everything they had worked so hard for. Through these trials, they learned how to build a stronger relationship, foster a deeper faith, and find humor through the tears. They also discovered a passion for helping other couples gain access to fertility treatments. In this memoir, Samantha uses her voice to break the silence and stigma that surround the infertility community. By sharing practical advice as well as candid and inspiring stories of her journey, she provides support, validation, community, and education for others experiencing similar tribulations--

**emotional wellness tips for your egg freezing journey:** *Keto for Fertility Cookbook* Robert Kiltz, Maria Emmerich, 2022

**emotional wellness tips for your egg freezing journey:** *Big Fat Negative* Emma Haslett, Gabby Griffith, 2022-01-20 'This book is totally brilliant - informative, sensitive, funny and wise. Reading it is like talking to a fairy godmother who also happens to be a gynaecologist and expert on all things fertility' Sophia Money-Coutts *Big Fat Negative* (BFN) - a term commonly used on internet forums to refer to a negative pregnancy test. Infertility can be a lonely journey. One in every six couples will struggle to conceive but, despite this, many don't feel comfortable talking openly about their experiences and sharing what they are going through. As a result, they feel isolated and alone. It doesn't have to be this way. By talking, laughing and shouting about our experiences we can start to lift the cloak of shame that so often engulfs those going through it. *Big Fat Negative* does just

that. This no-nonsense, honest guide to infertility from the hosts of the Big Fat Negative podcast smashes the taboo around this isolating and heartbreaking illness, offering first-hand experience, an understanding voice when friends don't get it, expert advice, reassurance for when you feel alone and - most importantly - humour when it you need it the most. Using first-hand accounts of the various hurdles of infertility, from work to diagnoses and IVF, coupled with advice from leading experts, Big Fat Negative will hold your hand on the not-so simple journey to motherhood - helping you to face and defeat the trials of trying for a baby.

**emotional wellness tips for your egg freezing journey: *Pregnancy Day By Day*** Maggie Blott, 2009-08-17 The complete guide to pregnancy, day-by-day No other pregnancy book provides this level of detail, allied with such extraordinary photographs, 3D scans and illustrations which reveal in unprecedented clarity exactly what is happening to you and your baby every single day. From early fetal development to how your hormones prepare you for birth, learn from world-class experts. Plus, obstetricians, midwives and parents advise on your baby's development, medical matters, your changing body, diet, fitness and much more. A special hour-by-hour rundown of what to expect during and immediately after birth, plus further reassurance for the first two weeks of your baby's life, will give a helping hand through the culmination of your pregnancy, from pain relief to those first intimate and unique moments between you and your child.

**emotional wellness tips for your egg freezing journey: *The Fertility Handbook*** Mary Wingfield, 2017-05-29 Maximise your chance of getting pregnant with this up-to-date and authoritative book that provides a clear and holistic approach to fertility. Areas including: - Understanding your body and maximising your chances of conceiving naturally as well as through complex treatments such as IVF, IUI and egg freezing - A pre-conception plan with sections on lifestyle, nutrition and the role of stress - The common (and uncommon) causes of fertility problems in both men and women - Options for single people and same-sex couples - Up-to-date information on ethics, funding and the law both nationally and internationally - Insightful testimonials from patients dealing with fertility problems and the emotional impact of treatment. Written by Professor Mary Wingfield, one of Ireland's foremost fertility experts who has helped hundreds of people to conceive over the last thirty years. All royalties from the sale of this book will be donated to the Merrion Fertility Foundation, which funds fertility treatment.

**emotional wellness tips for your egg freezing journey: *The Egg Quality Diet: A Clinically Proven 100-day Fertility Diet to Balance Hormones, Reduce Inflammation, Improve Egg Quality and Optimize*** Aimee E. Raupp, 2021-06-13 The Egg Quality Diet is the culmination of what Aimee Raupp has found, during her two decades of clinical practice, to be the most effective nutritional approach to optimizing fertility. This diet has been proven to work not in a randomized control trial (RCT) but in real life, on thousands of real women like you. Real women who have been told they have no good eggs left or they are too old or they are in menopause. This diet has been proven in women with high follicle stimulating hormone (FSH), low anti-mullerian hormones (AMH), recurrent pregnancy loss (RPL), multiple failed in-vitro fertilizations (IVF) and intrauterine inseminations (IUI). This diet has been proven in women with endometriosis, miscarriage, poly-cystic ovarian syndrome (PCOS), fibroids, cysts, adenomyosis, asherman's syndrome, premature ovarian failure (POF) and hypothalamic amenorrhea. This diet has helped hundreds of women, even those in their mid to late forties, make healthy babies using their own eggs. This diet has helped women bring their FSH from above 50 down to 10. This diet has helped women double, even triple their AMH. Even more, this diet has been recommended by multiple reproductive endocrinologists (R.E.) to their clients.

**emotional wellness tips for your egg freezing journey: *Assisted Reproductive Technology Success Rates***, 2003

**emotional wellness tips for your egg freezing journey: *Bad Bug Book*** Mark Walderhaug, 2014-01-14 The Bad Bug Book 2nd Edition, released in 2012, provides current information about the major known agents that cause foodborne illness. Each chapter in this book is about a pathogen—a bacterium, virus, or parasite—or a natural toxin that can contaminate food and cause illness. The

book contains scientific and technical information about the major pathogens that cause these kinds of illnesses. A separate “consumer box” in each chapter provides non-technical information, in everyday language. The boxes describe plainly what can make you sick and, more important, how to prevent it. The information provided in this handbook is abbreviated and general in nature, and is intended for practical use. It is not intended to be a comprehensive scientific or clinical reference. The Bad Bug Book is published by the Center for Food Safety and Applied Nutrition (CFSAN) of the Food and Drug Administration (FDA), U.S. Department of Health and Human Services.

**emotional wellness tips for your egg freezing journey: The Big Lie** Tanya Selvaratnam, 2014-01-07 A candid assessment of the pros and cons of delayed motherhood. Biology does not bend to feminist ideals and science does not work miracles. That is the message of this eye-opening discussion of the consequences of delayed motherhood. Part personal account, part manifesto, Selvaratnam recounts her emotional journey through multiple miscarriages after the age of 37. Her doctor told her she still had time, but Selvaratnam found little reliable and often conflicting information about a mature woman's biological ability (or inability) to conceive. Beyond her personal story, the author speaks to women in similar situations around the country, as well as fertility doctors, adoption counselors, reproductive health professionals, celebrities, feminists, journalists, and sociologists. Through in-depth reporting and her own experience, Selvaratnam urges more widespread education and open discussion about delayed motherhood in the hope that long-lasting solutions can take effect. The result is a book full of valuable information that will enable women to make smarter choices about their reproductive futures and to strike a more realistic balance between science, society and personal goals.

**emotional wellness tips for your egg freezing journey: Male Fertility and Infertility** T. D. Glover, C. L. R. Barratt, 1999-05-27 This contemporary account of male fertility provides a much-needed bridge between those seeking to understand the subject from an evolutionary and biological perspective, and those with clinical responsibility for the investigation and treatment of male infertility. Accordingly, the first half of the book deals with evolutionary aspects of male reproduction and sperm competition, sperm production and delivery in man and other animals, spermatogenesis and epididymal function, sperm transport in the female tract, and the apparent decline in human sperm count. The second part of the book puts greater emphasis on clinical problems and opens with a discussion of ICSI, including its value and limitations. This is followed by a review of modern developments in the genetics of male infertility and proceeds to a further chapter on the role of surgical procedures in the treatment of male infertility. The contributors provide a critical review of semen analysis and a full description of the molecular techniques now being used in preimplantation diagnosis and in the study of mitochondrial inheritance. This volume, written by an international team of authors, illustrates the breadth of vision needed to tackle the problem of male infertility.

**emotional wellness tips for your egg freezing journey: Not Broken** Lora Shahine, 2017-03-24 Not Broken is a comprehensive, evidence-based but easy-to-read guide for anyone who wants to understand all aspects of miscarriage and recurrent pregnancy loss. Whether you are a patient struggling with miscarriages or a medical provider caring for patients with recurrent pregnancy loss, you will learn something from this resource. Dr. Shahine explains not only a typical Western medicine approach to evaluation and treatment for miscarriage but also includes Eastern approaches to care, lifestyle factors that will decrease your risk of miscarriage, and the emotional impact of recurrent pregnancy loss. You will finish this book feeling more empowered to be an advocate for your care and more hopeful than ever to continue towards your family goals. I have one word to describe this fabulous book: FINALLY. Women with recurrent pregnancy loss have been needing this book for years. - Dr. Alice Domar, associate professor of obstetrics, gynecology, and reproductive biology at Harvard Medical School and author of Conquering Infertility and Finding Calm for the Expectant Mom

**emotional wellness tips for your egg freezing journey: Eat Yourself Pregnant** Zita West,

2014 This book explains how equipping your body with essential nutrients ensures that your reproductive system is prepared for a successful pregnancy. This book will show you how to assess your fertility. Next there is a detox plan to cleanse your body of chemicals that can prevent conception, and prepare your body; followed by a 10-week fertility-boosting programme. The author ensures that the vital nutrients are all included: especially magnesium, zinc, selenium and manganese. She also includes notes for both men as well as women, and for those trying for a baby later in life, or with specific problems, such as PCOS, endometriosis and fibroids.

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