

# Coping with infertility and loss



Planning a family can be stressful—especially when dealing with struggles of infertility or the grief of loss. Here’s how you can support yourself or someone close to you through the pain and isolation of this experience.

**~70%** of women in the U.S. have difficulty getting or staying pregnant

## COPING WITH LOSS OR INFERTILITY

**This pain is personal.** Don’t feel like there’s a correct way to handle it—do what feels right for you. Consider starting to do regular reflective exercises, like meditation or journaling.

**Don’t be afraid to ask for help.** The shame of loss and infertility often leads to isolation and a lack of communication about the intense emotions of this experience. It could feel helpful to recognize and share your feelings—good and bad—with a trusted friend, family member, or a therapist who specializes in what you’re going through.

**Reach out to others in similar situations.** If you have people in your life going through a challenge like yours, ask to have an open conversation. Helping others will make you realize the prevalence of this experience and the hard feelings that come with it.

## HOW TO HELP SOMEONE GOING THROUGH LOSS OR INFERTILITY

**Give them space to share without judgment.** Though infertility and loss are very common (one in eight couples are dealing with infertility) it can be hard to find the words to discuss it. Reach out with simple questions and let them share what they want.

**Ask how you can support them.** The distress of infertility and loss is different for everyone—so being there for someone going through it will look different for everyone too. Even knowing that someone cares enough to consider how to show up is impactful.

**Be optimistic, but also realistic.** Rather than assuring them they’ll be a parent one day, let them know that you’re there for them through anything that happens.

## HOW MAVEN CAN HELP

Give yourself the time to experience your emotions and feel comfort from those around you. Looking for additional support? Find more resources for infertility and pregnancy loss with Maven.

### Here’s what you’ll discover:

A supportive community of Maven members going through a similar experience

Unlimited appointments available 24/7 with infertility specialists, OB-GYNs, Midwives, mental health providers, and wellness coaches

A dedicated Care Advocate invested in your personal parenthood journey

Personalized content, provider-led classes, and a library of resources