

Stress & Fertility, Explained

Understanding the mind-body connection during
your fertility journey



*Calm the mind. Support the body.
One small step at a time.*

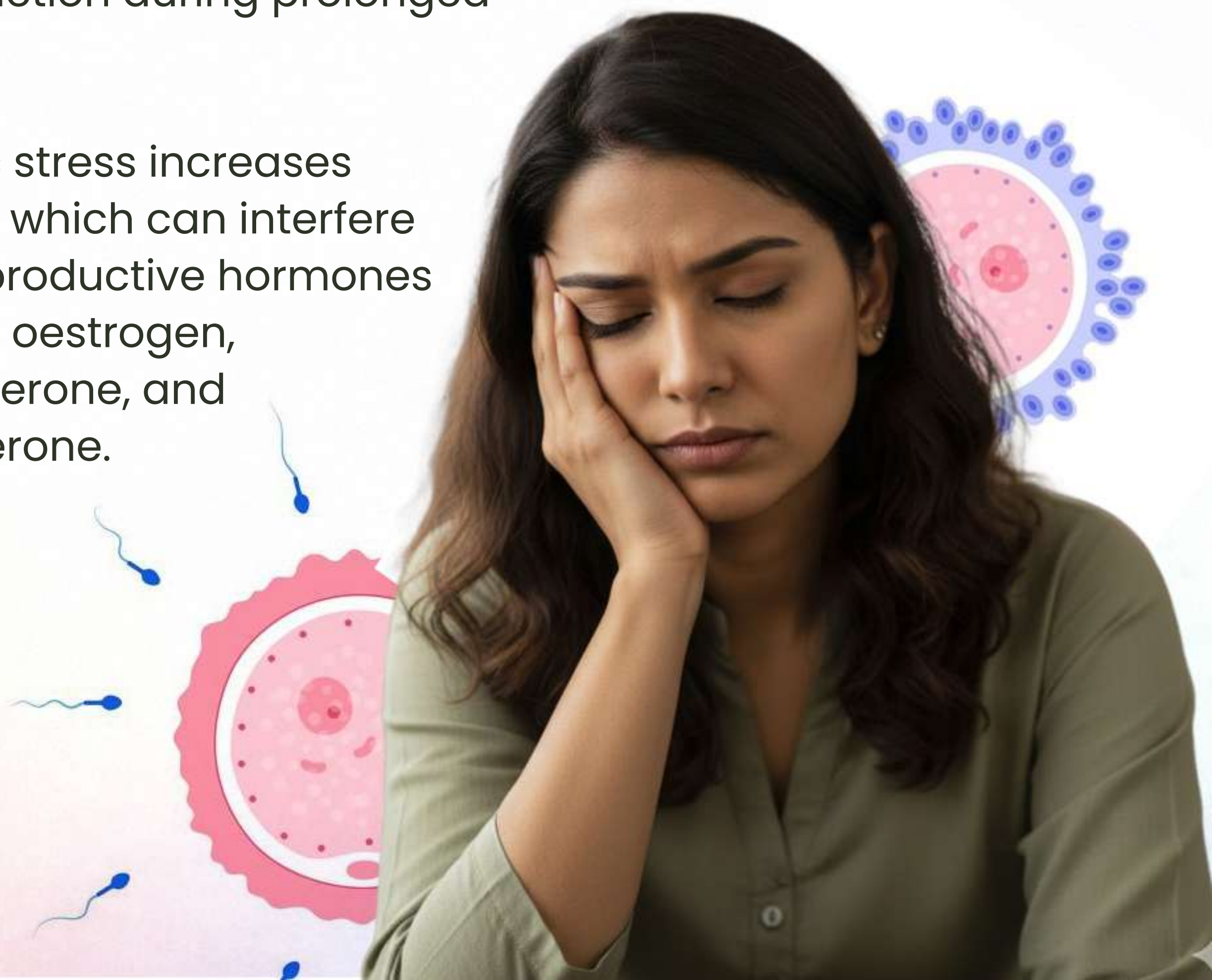
Medically approved by: **Dr Renu Gupta, Director OBG, Robotic Gynae Surgeries, Sri Balaji
Action Medical Institute, Delhi**

Written by
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Stress & Fertility: What's the Connection?

Stress doesn't cause infertility, but it can affect hormones that support ovulation, sperm health, and implantation. Your body prioritises survival over reproduction during prolonged stress.

Chronic stress increases cortisol, which can interfere with reproductive hormones such as oestrogen, progesterone, and testosterone.



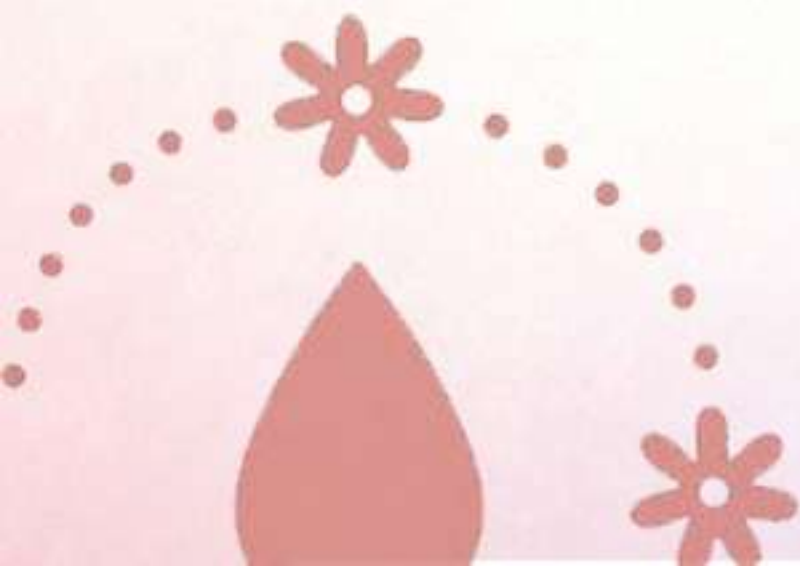
Stress & the Menstrual Cycle

Stress may lead to:

Delayed or missed ovulation

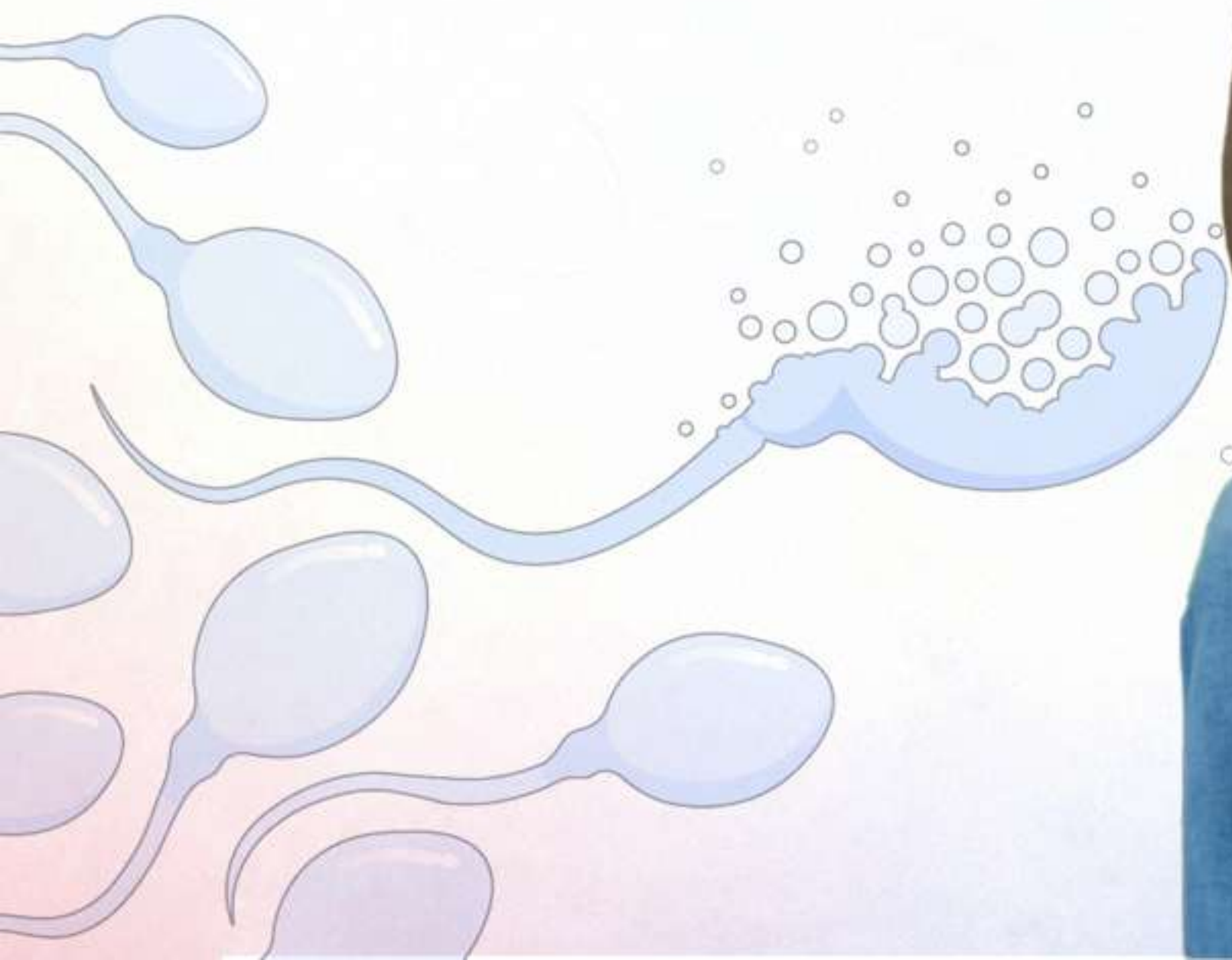
Irregular periods

Shortened luteal phase

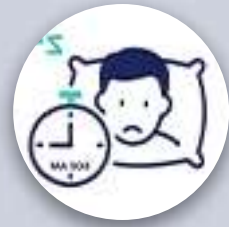


Stress & Male Fertility

Stress can reduce sperm count, motility, and testosterone levels. Poor sleep and mental fatigue also affect sperm quality.



Signs **Stress** May Be Affecting You



Trouble sleeping



Constant worry or overthinking



Fatigue even after rest



Digestive issues



Feeling emotionally overwhelmed

5 Ways to Reduce Stress (That Actually Help)

Breathing for Calm

Simple techniques to slow your nervous system. Inhale for 4 seconds, hold for 7 seconds, and finally, exhale for 8 seconds.



Gentle Movement

Walks, yoga, stretching



Mindful Breaks

Short pauses from screens and noise



Emotional Support

Talk, journal, or seek counselling



Sleep Routine

Consistent bedtime and screen-free nights



Daily Stress- Relief Habits



10 minutes of
quiet time

20-minute
nature walks

Gratitude
journaling

Gentle music
or meditation

Supporting Each Other as a Couple

Trying to conceive can feel emotionally heavy. Sharing worries, laughing together, and supporting each other helps lower stress for both partners.

Stress management isn't about staying positive all the time. It's about consistently creating small moments of calm.



Quick Calm Checklist



Pause and breathe



Move gently



Sleep well



Eat regularly



Ask for support

Calm is not a luxury; it's part of fertility care. Taking care of your mind is taking care of your fertility. Be gentle with yourself — you're doing your best.

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