

How to love your body through disability and fertility challenges

Loving or even accepting your body can be difficult during fertility challenges. Navigating fertility can also be harder when you have a disability, whether your disability is recent or you were born with it. Here are a few tips to help you grow the relationship you have with your body through your fertility journey and beyond.



Honor your feelings

Telling yourself you “shouldn’t” feel a certain way never works. In fact, it usually just makes you feel worse. The first step is to acknowledge how you feel and not label it “wrong.”

Appreciate what your body can do for you

You might not be able to “be positive” all the time, especially when you’re dealing with infertility—and that’s okay. But you can minimize negative thoughts. If you’re telling yourself, “My body is such a failure,” search for evidence to the contrary. You could say phrases like: “My body is strong—it has endured so much.” Finding gratitude for your body, even for basic functions, can help.

Try some self-care

Start with loving actions towards your body. How can you affirm that your body is worth being kind to? Get a massage, take a nap, or do some deep breathing. Self-care can change your thinking over time.

How Maven can help you through fertility challenges as a person with a disability

The fertility journey can be draining—and it can be even harder when you have a disability, due to medical stigma and inequitable access to support. You can reach out to your Care Advocate to find fertility doctors and clinics that are inclusive and understanding of your unique needs.

You can look to Maven for:

- Support in advocating for yourself
- Referrals to trusted in-person providers
- Mental health support and coping strategies

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