



How to keep your relationship strong through the stress of trying to conceive

Trying to get pregnant can be a physically and emotionally demanding process. Often, this anxiety-inducing time puts a strain on relationships. Thankfully, there are ways to protect yourself and your relationship from the stress of trying to get pregnant. Maven Mental Health Provider, Melissa Nelson, shares her tips to maintain your mental and relationship health while you try to conceive.

01

Practice self-care

“Understand how the fertility process has impacted your sense of self,” says Nelson, in her on-demand Maven class about protecting your relationship while trying to conceive. “Self-care is not a bubble bath or buying skincare. It is the compassion and grace you give yourself when you’re not perfect.”

02

Reflect on what you need during this time

Take time to self-reflect. Here are some suggestions to think or journal about:

- How do I get through challenging times?
- What do I need to feel supported?
- How can I communicate my needs with my partner?

03

Rethink how to be there for each other

The stress of trying to conceive can test your relationship, but you can get through this by communicating through the process. Here are some suggestions for how to do it:

- **Learn how to support one another:**
Discuss what makes you feel the most supported with your partner, and ask them what you can do to support them.
- **Take emotional care of each other:**
Infuse your relationship with the spirit of thoughtfulness. This can look different for everyone—from practicing gratitude to simply putting your phone down when the other person is talking.