

Outline for Coping with the Stress of Infertility with Dr. Ali Domar

- I. Infertility, Stress, and Depression
 - a. Relationship between stress and infertility
 - b. Relationship between depression and infertility
- II. Coping Skills to Deal with Emotions of Infertility
 - a. Mind/Body medicine
 - b. Relaxation methods
 - c. Mini-relaxations
 - d. Support Groups
- III. What can Nurses or IF Professionals Do
- IV. Tips for coping with Pregnancy in Family and Friends
- V. Impact of Infertility on Marriage
 - a. Relationship Quadrant
 - b. Tips for helping couples during infertility treatment
- VI. Coping with Secondary Infertility
 - a. Stresses that are unique to secondary infertility
- VII. Coping When Treatment Fails
 - a. Patient exaggerate their chances of success with fertility treatment
 - b. Techniques for coping with infertility treatment failure
 - c. Surviving Miscarriage
- VIII. Knowing When to Stop Treatment