



Sign up for free, 24/7 support on your family-building journey.

# 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 stress. Here are some tips to maintain your mental and relationship health while you try to conceive.

## 01 Practice self-care

It's normal for the fertility journey to impact your sense of self. But coping with difficult emotions in a healthy way can make all the difference during this stressful time. There's no one-size-fits-all when it comes to self-care—you have to figure out what works for you. Self-care can look like prioritizing exercise, getting enough sleep, or even just giving yourself grace and compassion during hard moments.

## 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. You can meet with a Maven Mental Health Provider to learn strategies to keep your relationship strong and tackle your journey together.
- **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.



Activate your free membership today at [mavenclinic.com/join/relationships](https://mavenclinic.com/join/relationships) to get support from Maven's top-rated providers, including mental health providers, OB-GYNs, fertility experts, and more.

