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10 STRATEGIES TO COPE WITH INFERTILITY AS A COUPLE

1. EDUCATE YOUR SELF ABOUT INFERTILITY
2. GET IN TOUCH WITH YOUR FEELINGS
3. CHANGE NEGATIVE UNPRODUCTIVE THINKING PATTERNS
4. PRACTICE SELF CARE
5. WORK AS A TEAM
6. GET ORGANIZED
7. DECIDE ON A TREATMENT PLAN
8. COLLABORATE IN YOUR TREATMENT PLAN
9. TAKE BREAKS WHEN NEEDED
10. UTILIZE POSITIVE IMAGERY AND INTENTION