# Fertility struggle leads to mental health awakening and natural pregnancy after years of IVF



After years of attempting to conceive, many find that the journey of infertility can take an often unrecognised toll on both their mental and physical health. For one woman, the struggle to become a mother morphed from what she initially viewed as an adventure into a painful descent into illness, leading to a pivotal moment of reflection and transformation.

Initially, she approached her desire for a child with resolve, believing her youth and health would work in her favour. Yet, after almost six years of invasive treatments and lifestyle adjustments—including various rounds of IVF and IUI—her body began to fight back. Diagnosed with multiple ailments like adrenal fatigue, anxiety, and coeliac disease, she realised that she had been prioritising external measures while neglecting her mental health. “I was struggling so much mentally and physically… my fertility specialist told me she wouldn't see me for six months,” she recalled. That stark advice led her down a path of self-healing, prompting her to finally listen to her body’s cries for help.

Her revelations about mental health echo concerns raised by recent studies highlighting the emotional impact of infertility treatments. Research indicates that around 40% of women facing infertility exhibit clinically significant levels of anxiety and depression, yet mental health considerations often remain sidelined in the rush to achieve pregnancy. For many, including women like her, this adds layers of distress to an already fraught experience.

One particular narrative shared by another woman, Tasha Blasi, mirrors these struggles. After enduring ten rounds of IVF, Blasi's journey was fuelled by both a fierce determination to expand her family and the often intrusive doubts from loved ones questioning her persistence. Despite encountering numerous failures, Blasi's experiences ultimately led her to greater compassion for herself and others grappling with similar pressures. She notes that her painful journey through infertility has made her more patient and grounded, mirroring a sentiment echoed by many who have navigated these turbulent waters.

The intense psychological burden of trying to conceive through medical interventions can create strain within relationships as well. The woman who began her tale with optimism admitted to facing immense challenges with her partner during the process, often feeling isolated even amidst their shared grief. This resonates with findings from broader studies indicating that infertility can cause significant rifts in relationships, further complicating the emotional landscape for couples trying to conceive.

For those on this path, burnout is a common occurrence. The trauma from the relentless cycle of hope and disappointment can leave women feeling that they are fighting a battle against their own bodies. As one expert noted, “the toll IVF could take on my body… ten years ago, mental health wasn’t part of the conversation.” This lack of acknowledgment can intensify the feelings of shame that often pervade infertility narratives, making women internalise societal pressures and personal failures.

Yet, amid the struggle, there is often a moment of clarity and rediscovery. The woman in this narrative found healing through the acceptance of her own worth, beyond the confines of motherhood. She established a supportive network focused on her mental wellness, and in doing so, started to foster an environment where a healthier version of herself could emerge. This shift was pivotal; it not only restored her sense of self but also serendipitously set the stage for her to eventually conceive naturally.

After years of disappointment, surprising news arrived shortly after embracing this new approach to life. Her story culminated in a natural pregnancy, which she described as not just a miracle but the culmination of self-acceptance and mental resilience. As she reflects on her journey, she urges others currently in the throes of infertility to prioritise self-kindness. “You are not broken. You are enough. Whether or not that baby comes, you will be okay,” she reassures them, sharing hard-earned wisdom that transcends mere encouragement.

Ultimately, the experience sheds light on an often-ignored aspect of fertility treatments; the journey is as much about emotional readiness and mental health as it is about the science of reproduction. For those who walk this path, it is crucial to acknowledge the full spectrum of feelings that arise, from joy to grief, and to seek help in navigating them. As she poignantly states, “You don’t have to wait until you break to listen to your body.”

As more women share their stories, there is hope that the conversations around infertility will evolve, creating a more supportive framework that prioritises emotional health as much as medical success.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/femail/article-14763423/IVF-destroyed-health-point-doctor-begged-stop-Theres-effect-miracle-fertility-treatments-dont-tell-women.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://journals.sagepub.com/doi/full/10.1177/10664807241231256)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/femail/article-14763423/IVF-destroyed-health-point-doctor-begged-stop-Theres-effect-miracle-fertility-treatments-dont-tell-women.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://time.com/4753310/ivf-10-times-lessons/), [[5]](https://psychiatryonline.org/doi/10.1176/appi.pn.2024.03.3.20)
* Paragraph 3 – [[3]](https://time.com/3318818/why-not-having-kids-makes-some-people-crazy/), [[6]](https://womensmentalhealth.org/posts/impact-of-infertility-treatment-on-risk-for-depression-and-anxiety/)

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## Bibliography

1. <https://www.dailymail.co.uk/femail/article-14763423/IVF-destroyed-health-point-doctor-begged-stop-Theres-effect-miracle-fertility-treatments-dont-tell-women.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://time.com/4753310/ivf-10-times-lessons/> - Tasha Blasi recounts her arduous journey through 10 rounds of in vitro fertilization (IVF) to have her children. Despite the emotional toll and substantial financial cost associated with IVF, Blasi persevered due to a combination of partial insurance coverage and an unwavering commitment to expanding her family. After her first successful IVF round that resulted in the birth of her son, subsequent attempts failed repeatedly, leading her to question medical professionals and shuffle clinics. Her persistence was met with significant pushback from family members concerned about her well-being. Ultimately, her tenth try resulted in the birth of her daughter, Mila, after she decided to accept that another biological child might not be possible. Blasi reflects on how the painful experience transformed her, making her more compassionate, patient, and grounded. She is the founder of the Fertilities Unite Project, which supports women navigating infertility. Her story highlights resilience and the profound impacts of prolonged fertility challenges. ([time.com](https://time.com/4753310/ivf-10-times-lessons/?utm_source=openai))
3. <https://time.com/3318818/why-not-having-kids-makes-some-people-crazy/> - A study from the Netherlands suggests that not having children makes infertile women unhappy primarily if they cannot let go of the desire to have kids. Women who have children but want more experience worse mental health than those who don't have kids and have come to terms with it. The research included over 7,000 Dutch women who underwent fertility treatments between 1995 and 2000. Approximately 6% remained unhappy due to their unfulfilled wish for children even a decade after their treatments. Less educated women and those whose infertility was primarily due to their own reproductive issues were more adversely affected. The study recommends psychological counseling for those unable to conceive after treatments and emphasizes the importance of realistic goal-setting and letting go of unattainable objectives. ([time.com](https://time.com/3318818/why-not-having-kids-makes-some-people-crazy/?utm_source=openai))
4. <https://journals.sagepub.com/doi/full/10.1177/10664807241231256> - This article discusses the psychological toll of undergoing fertility treatments, particularly in vitro fertilization (IVF), on women's physical and emotional well-being. It highlights that women may experience high levels of emotional distress, including anxiety and depression, along with strains on their relationships and financial hardships. Approximately 40% of women facing infertility meet the criteria for a psychiatric diagnosis, with an increased risk of experiencing suicidal ideation. The article emphasizes the need for healthcare providers to address these psychological stressors and suggests that stress reduction education and related mental health interventions could have been helpful in continuing their treatment. ([journals.sagepub.com](https://journals.sagepub.com/doi/full/10.1177/10664807241231256?utm_source=openai))
5. <https://psychiatryonline.org/doi/10.1176/appi.pn.2024.03.3.20> - Recent studies confirm the enormous psychological burden of infertility and the failure of the healthcare system to recognize and address that burden. A meta-analysis including qualitative interviews with 503 women identified three main themes: a sense of personal 'reproductive trauma' associated with infertility and IVF, the impact of infertility on relationships, and the sense of being failed by the healthcare system and society. The report highlights experiences such as stress, grief, insomnia, anxiety, and feelings of hopelessness and guilt. It also notes that relationships with friends and family were strained due to isolation and feeling stigmatized. The article underscores the need for healthcare providers to offer adequate support and holistic care to address these issues. ([psychiatryonline.org](https://psychiatryonline.org/doi/10.1176/appi.pn.2024.03.3.20?utm_source=openai))
6. <https://womensmentalhealth.org/posts/impact-of-infertility-treatment-on-risk-for-depression-and-anxiety/> - This article discusses how infertility and its treatment can trigger both depression and anxiety in women. It notes that women with pre-existing histories of depression and anxiety may find their symptoms worsening due to the stress involved in infertility treatment. The article highlights that levels of depression and anxiety can vary, with some studies indicating that women presenting for IVF were more depressed and had lower self-esteem compared to a control group of fertile women. It also mentions that depression, anxiety, and hostility scores tended to be higher in women at the time of embryo transfer than at earlier visits. The article emphasizes the importance of psychological interventions during infertility treatment, as depression may negatively affect success rates in infertility treatment. ([womensmentalhealth.org](https://womensmentalhealth.org/posts/impact-of-infertility-treatment-on-risk-for-depression-and-anxiety/?utm_source=openai))
7. <https://www.mdpi.com/1660-4601/18/24/13143> - This systematic review investigates the psychosocial aspects of gestational grief among women who have undergone infertility treatment. It identifies several negative psychosocial manifestations of grief, including depression, despair, anxiety, frustration, and feelings of anguish or shock. Positive psychosocial manifestations include hope of becoming pregnant and acceptance of infertility after attempting infertility treatment. The review emphasizes the importance of psychological support before, during, and after assisted human reproduction treatment to manage the psychosocial aspects of the grief process. The findings aim to raise awareness of the area of grief among infertile women and promote policy development for the mental health of bereaved women. ([mdpi.com](https://www.mdpi.com/1660-4601/18/24/13143?utm_source=openai))