

## The 5-Minute IVF Steadiness Reset

*Simple support for the moments that feel the hardest*

You can be doing everything right for IVF and still feel completely overwhelmed.

The appointments.  
The waiting.  
The unknowns.

It builds quietly over time,  
and your body can begin bracing for what might happen next.

This is not because you're not coping.

It's because your system has been holding a lot  
for a long time.

This is something you can come back to  
when things start to feel like too much.

**You don't need to figure everything out right now.**

**You just need a way to steady yourself in the moment.**

**If you only have 10 seconds: exhale slowly, drop your shoulders, and say: *'Right now, I'm safe enough.'***

## **The 5-Minute Reset**

Use this when things feel like too much.

Not to fix everything.

But to help you come back to yourself in the moment.

### **Step 1 — Arrive in this moment**

**Put your feet on the floor.** Notice the support beneath you.

**Visual grounding:** notice three things you can see.

**Sensation grounding:** notice three things you can feel.

**Normalising line:** You do not have to feel calm.

### **Step 2 — Settle your body**

Place one hand on your chest  
and one on your lower belly.

If that doesn't feel right, place both hands wherever feels most comforting.

Inhale slowly through your nose for 4.

Exhale gently through your mouth for 6–8, as if you are blowing out through a straw.

Drop your shoulders.

Unclench your jaw.

Soften the muscles around your eyes.

Take 5–6 slow breaths at your own pace.

If it helps, you can silently count: In for 4... out for 6....

If you notice your mind wandering back to worries, bring your attention back to your hands, your breath, and the support beneath you.

You do not need to feel calm.

You are simply offering your body a different signal.

### **Step 3 — Speak to yourself gently**

Choose what feels true:

I don't have to carry everything right now.

I can feel this and still stay steady.

My body is not against me.

It is trying to protect me.

I am allowed to take this one step at a time.

You can repeat one sentence a few times and notice if there is one word or phrase that feels most supportive.

Let that phrase sit with you for a few breaths.

*If slow breathing feels uncomfortable, just soften your jaw and lengthen your exhale by one count.*

### **Step 4 — A simple check-in**

Ask yourself:

**Am I preparing... or am I bracing?**

**If I'm bracing, where do I feel it in my body?**

**What is the smallest support I can offer myself in the next 2 minutes?**

If the answer is bracing, that is not a problem.

It is simply information.

Come back to your breath.

Come back to this moment.

Notice where bracing lives right now. Chest, throat, stomach, shoulders.

You do not have to change it. Just notice it.

Inhale for 4. Exhale for 6–8.

What feels most intense right now?

What is one small, kind thing I can do for myself at this moment?

There are no wrong answers.

If you're bracing, you're not behind. Your system is responding to a lot.

What feels most intense right now?

What is the smallest bit of support I could offer myself at this moment?"

There are no wrong answers.

*If you're bracing, you're not behind. Your system is responding to a lot.*

## **The shift that changes everything**

From the outside, preparing and bracing can look the same.

But they feel very different.

Preparing feels steady, even with fear.

Bracing feels tight, urgent, and overwhelming.

Preparing allows space.

Bracing feels like holding everything at once.

If you recognise yourself in bracing,  
It is not a flaw.

It is your system responding to a lot.

And it can shift with the right support.

## **One step from here**

You do not need to fix everything.

You do not need to feel completely calm.

You only need one small step  
towards feeling slightly more supported.

That might be:

- coming back to this reset
- noticing your state
- speaking honestly to someone safe
- allowing yourself to pause

Noticing and naming your state (“Right now I’m bracing.”)

Placing a hand on your heart for three more breaths.

Steadiness is something you build one moment at a time.

Every time you notice you are bracing and offer your body a different signal, you are already shifting.


Steadiness is something you build one moment at a time.

## **A gentle invitation**

If you feel like you are holding more than this reset can support, there is a deeper level of emotional preparation available.

I support women preparing for IVF to move from overwhelmed and depleted into a place where they feel steadier, supported, and emotionally ready for what lies ahead.

You don’t have to do this alone.

Margaret Cali   
Fertility & Mindset Coach

***That’s enough for now. Come back to this anytime.***

