

## Childless Couple Xmas

### Survival Tips

#### Live Laugh & be Merry

Year after year you battle emotional warfare and voices telling you that you have to endure yet another Christmas without children of your own rummaging through wrapping paper, bows and Christmas stockings. You may have avoided the shops, religious family ceremonies or even opted out of family gatherings all together

Whether you are a seasoned expert or a novice at dealing with occasions and holidays like Christmas, Mothers Day, Fathers Day, Birthdays and Wedding Anniversaries, ***we hope that you plan and remember to use a coping strategy that will see you through***

#### Some Survival Tips:

DO NOT isolate yourself from family and friends. If seeing your family the week before the event has helped you, that's great. But if it is counter effective and riddled with guilt then do the opposite! Get amongst the celebrations, or even host one yourself this year. Visualization and act-

ing out are powerful tools. Utilise the guided meditation in the Fertile Cosmos e-book to reaffirm your deepest joyous feelings of parenthood.

Remember your childhood Christmas memories, and share them with your partner. If you socialize with other childless couples or groups initiate a get together. Better still organize a wishing tree and donate the toys, gifts and crafts personally to a children's shelter. Giving in the spirit of Xmas can be quite therapeutic

Perhaps you are a favourite uncle/aunt to a child. Live your parental dream vicariously through them and enhance the festive spirit! You will both benefit!

You may want to attend an alternative religious ceremony that isn't a Family Service, and still focus on the spiritual meaning of Christmas



#### More tips:

Quiet reflective meditation or energetic activity are all ways of reducing stress that has built up in the body. Unification of heart mind and spirit is the best defense. Fertile Cosmos has a library of meditations.

Emotional Freedom Technique—face tapping to release emotions. U tube clips are abundant . Find one that you like and tap away

Express your appreciation to your friends and family who have supported you through the year.

Plan to develop your own traditions and rituals to celebrate special occasions. Add a trinket to your tree as a reminder of your plight and commitment to become a parent

If the above doesn't resonate, cut yourself some slack! Give yourself some down time and use the permission form signed by Helen at Fertile Cosmos



Dear family and friends of childless couple,

As much as you want to share in a family gathering, it's a little difficult this time around. Know that your understanding and support is appreciated beyond words.

Please don't feel rejected if your family member or friend wants to spend the day alone. They love you and don't want to spoil your celebrations. Let them know that you would like to see them but will understand if they do not feel they can attend.

Know that they are working on it, and that Fertile Cosmos is there to help

Warm wishes and happy holidays,

Helen@fertilecosmos.com