



My Emotional Support Strategy

This exercise invites you to create your **Emotional Support Team** and your **Emotional Support Plan**. You can keep this page as a quick resource that you carry with you all the time for any occasion when you may feel emotionally distressed.

To create your **Emotional Support Team**, think about people you can rely on when you need support. It's important to include professional support as well as friends/family and peer support. Write down their names and contact details so you can reach them quickly when you need to.

My Emotional Support Team		
	Name	Contact details
Fertility Coach		
Fertility Counsellor		
Family/Friend		
Online forums/Social media		

To create your **Emotional Support Plan**, identify situations when you have felt emotionally distressed, and write down the strategy you used or that you plan on using to make you feel better. This plan will grow over time, as you encounter new challenging situations and as you learn new strategies to cope with them on the Enhanced Fertility Programme, on your one-to-one sessions or through other means.

My Emotional Support Plan	
Situation	Strategy