

PREPARING FOR PREGNANCY



*Support is the
most
overlooked
supplement*



(WITHOUT BURNING YOURSELF OUT)



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WELCOME

WELCOME TO RISE COACHING!

THIS SPACE WAS CREATED FOR THE WOMAN TRYING TO HOLD IT ALL TOGETHER
WHILE NAVIGATING THE DEEPLY EMOTIONAL, OVERWHELMING, AND OFTEN
ISOLATING JOURNEY OF FERTILITY, PREGNANCY, AND MOTHERHOOD.

Exhale.
Drop your shoulders.
Unclench your jaw.

You do not need to carry all of this alone.

Hi! I'm Jen and after more than 20 years in high-risk labour & delivery and fertility nursing - alongside my own experiences with fertility and parenting challenges, chronic stress, and burnout - I've witnessed just how many women quietly struggle beneath the surface while trying to do everything "right."

The fertility journey is layered and complex.

It can leave you feeling exhausted, disconnected from your body, overwhelmed by information, and unsure who or what to trust anymore.

I created Rise Coaching to help bridge the gaps many women experience within healthcare, offering whole-person support that considers not just your hormones or fertility, but your nervous system, emotional wellbeing, lifestyle, nourishment, stress load, and the weight you may be carrying behind the scenes.

This guide is not about perfection.

It's about support.

Sustainable, compassionate, realistic support.

My hope is that these pages help you feel:

- more seen
- more grounded
- more connected
- and a little less alone in the process
-

I'm so glad you're here. ❤️
Jen



THE GAP IN TRADITIONAL FERTILITY CARE

Were these types of questions part of your consultation?

HOW DOES YOUR BODY FEEL?

WHAT EMOTIONS ARE YOU EXPERIENCING?

WHAT DOES A TYPICAL DAY LOOK LIKE FOR YOU?

Fertility Requires:

Safety - Stable Blood Sugar - Energy - Nervous System
Regulation - Predictability - Nourishment

This is where whole-person support matters.

Because fertility is deeply intertwined with your stress load, relationships, grief, nervous system, lifestyle, and emotional wellbeing.

STRESS - FERTILITY - BODY CONNECTION

Stress is everywhere – and it affects everything.

Even as a nurse, I didn't fully understand that until my own body forced me to. I ignored the whispers for too long, and eventually my body had to scream to get my attention. I collapsed on my office floor.

What I learned was this: **Your body isn't broken – it's actually brilliant.**

When the body perceives stress, it adapts to protect you. Survival becomes the priority. In the case of fertility, reproduction gets placed on the back burner until the body feels safe enough to focus on creating life.

This doesn't explain all fertility challenges. Fertility is deeply complex. But chronic stress, nervous system overload, depletion, burnout, grief, and emotional strain matter more than many women realize.

After more than 20 years in fertility and high-risk obstetrical nursing – including witnessing life created through IVF – I have a deep appreciation for just how many factors need to align in the creation of life.

Preparing for pregnancy isn't just physical.

Chronic stress, nervous system dysregulation, depletion, environment and modern pressure impact more than we realize.

Together we create a foundation of nourishment, regulation, awareness, and support so you can move towards pregnancy feeling more grounded, confident, and connected to yourself.

Sometimes the most powerful thing we can do is stop fighting our bodies long enough to listen to what they may be trying to tell us. Your body isn't the problem – she is the messenger.

STRESS - FERTILITY - BODY CONNECTION

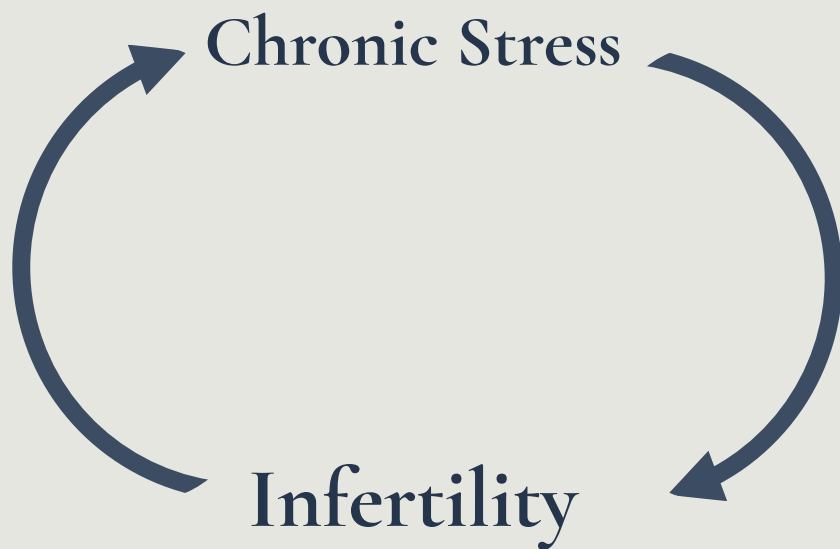
STRESS CAN INFLUENCE:

- 
- HORMONES
 - OVULATION
 - SLEEP
 - DIGESTION
 - INFLAMMATION
 - ENERGY
 - EMOTIONAL REGULATION
 - AND OVERALL REPRODUCTIVE HEALTH

WHAT HELPS:

- 
- EATING CONSISTENTLY
 - PRIORITIZING PROTEIN + FIBER
 - REDUCING NERVOUS SYSTEM OVERLOAD
 - REST AND RECOVERY
 - EMOTIONAL SUPPORT
 - PREDICTABLE ROUTINES
 - GENTLE MOVEMENT
 - REDUCING INFORMATION OVERWHELM

The Fertility Burnout Cycle



When all of the stress, uncertainty and emotional exhaustion begin to compound, overlap and intertwine. Layers of pressure, effort and expectations start to swirl, impacting and consuming your health, career, relationships and identity.

Stress impacts trying to conceive and trying to conceive impacts stress.

You aren't doing anything wrong - we are living in a world with unrealistic expectations that keeps women burned out!

5 WAYS YOUR BODY MAY BE ASKING FOR MORE SUPPORT



EXHAUSTED BUT WIRED

YOUR BODY MAY BE STUCK IN SURVIVAL MODE, MAKING IT DIFFICULT TO FULLY REST AND RECOVER.



HEIGHTENED FEELINGS OF ANXIETY

TRYING TO CONCEIVE CAN CREATE CONSTANT ANTICIPATION, HYPERVIGILANCE, AND NERVOUS SYSTEM OVERLOAD.



LOW SEX DRIVE

THE BODY OFTEN SHIFTS ENERGY AWAY FROM CONNECTION, PLEASURE, AND REPRODUCTION IN AN EFFORT TO CONSERVE ENERGY AND PROTECT YOU.



NOT HUNGRY IN THE MORNING

DIGESTION ISN'T A PRIORITY WHEN STRESS IS HIGH - YOUR BODY WAKES UP BRACING FOR THE DAY AHEAD.



SOCIAL ISOLATION

MANY WOMEN LOSE THE CAPACITY AND DESIRE TO SOCIALIZE AS THE EMOTIONAL WEIGHT QUIETLY BUILDS BEHIND THE SCENES



Support is the most overlooked
supplement.

@RISECOACHJEN

BASICS & BABY STEPS

Trying to conceive and family planning are often portrayed as exciting or straightforward.

But for many women, this season carries:

Uncertainty and pressure

Mental load and constant decision-making

Hypervigilance around cycles, timing, and symptoms

Emotional highs and lows that are hard to explain

Stress that feels invisible because “nothing is visibly wrong”

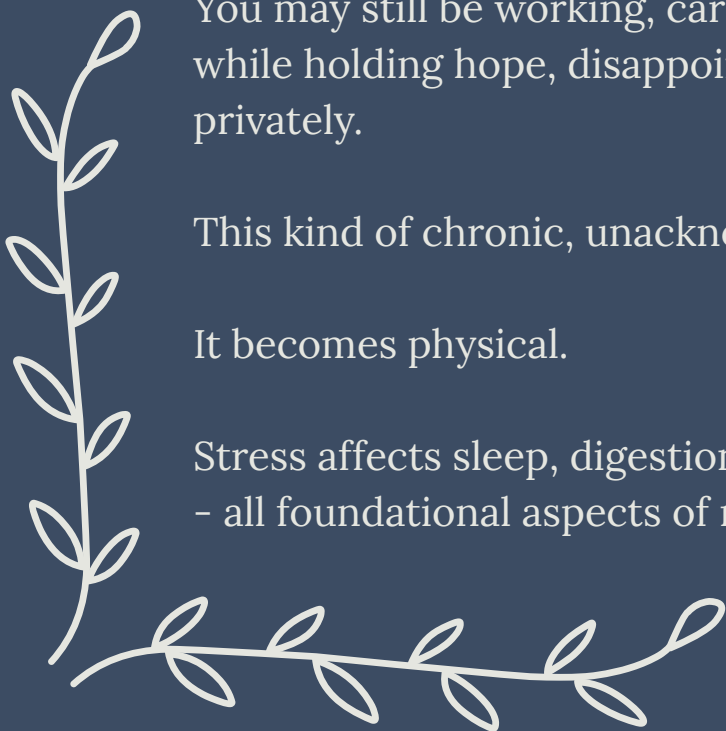
Grief and isolation

You may still be working, caregiving, and supporting others, all while holding hope, disappointment, and unanswered questions privately.

This kind of chronic, unacknowledged stress doesn't stay emotional.

It becomes physical.

Stress affects sleep, digestion, hormone balance, mood, and energy - all foundational aspects of reproductive health.



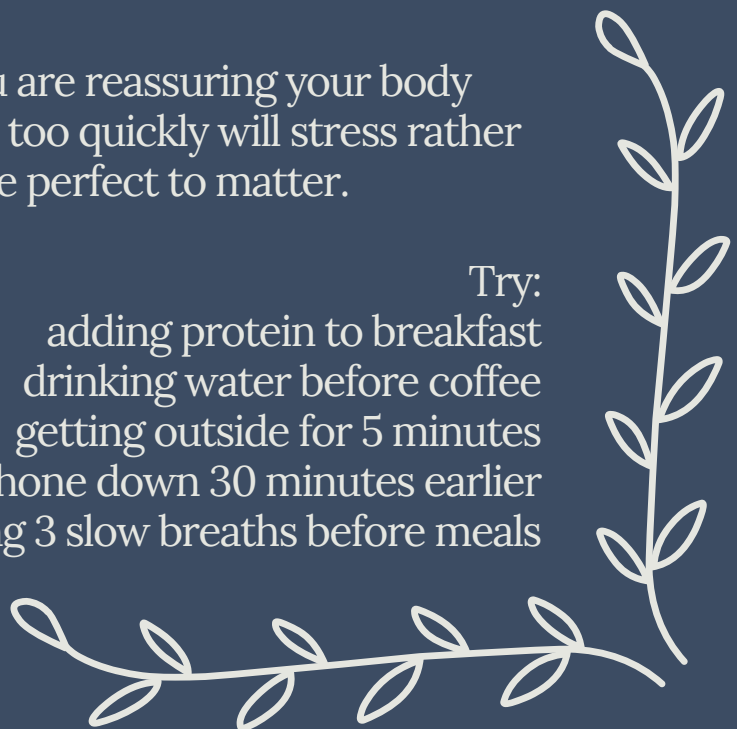
BASICS & BABY STEPS



Your body doesn't need more pressure, it needs simplicity, stability and support.

Start smaller than you think. You are reassuring your body that it is safe. Too much, too big, too quickly will stress rather than soothe. It doesn't need to be perfect to matter.

Try:
adding protein to breakfast
drinking water before coffee
getting outside for 5 minutes
putting your phone down 30 minutes earlier
taking 3 slow breaths before meals



**What is one thing I can say no to
this week?**

(Hint - an extra 5 minutes is all you need.)

**BOUNDARIES PROTECT ENERGY.
YOUR BODY CANNOT HEAL WHILE CONSTANTLY
OPERATING IN DEPLETION.**

What can I add to my meals to better nourish my body?

(Hint - think protein and fiber. Stable blood sugar supports hormone health, nervous system regulation, energy, and recovery.)

SIMPLE EXAMPLES:

GREEK YOGURT + CHIA + FRUIT
CHICKEN + BROWN RICE + VEGGIES
TOAST + NUT BUTTER + HEMP HEARTS
COTTAGE CHEESE + BERRIES

**What is one thing I can anchor to
when I start to feel overwhelmed?**

(Hint - a sticky note, picture or screen saver
can go a long way.)

**“ONE STEP AT A TIME.”
“MY BODY DESERVES SUPPORT TOO.”
“SAFETY STARTS WITH SLOWING DOWN.”
“I DON’T NEED TO CARRY THIS ALONE.”**

5 WAYS TO NOURISH YOUR BODY THIS WEEK



SUPPORT STABLE BLOOD SUGAR - EAT PROTEIN WITH FIBER WITHIN 1 HOUR OF WAKING UP.



5 MINS OUTSIDE DAILY - GET SOME SUNSHINE AND FRESH AIR. TOUCH GRASS!



PUT YOUR PHONE DOWN - REDUCE FERTILITY CONTENT CONSUMPTION & OVERWHELM!



DO A NERVOUS SYSTEM RESET BEFORE BED - 5 MINUTES WITH LEGS UP THE WALL DOES WONDERS.



ASK FOR ONE PIECE OF SUPPORT - DELEGATE A TASK, DO COFFEE WITH A FRIEND OR SCHEDULE A CONNECTION CALL WITH A COACH ;)

THE RIGHT SUPPORT CHANGES OUTCOMES.

SIMPLE DOESN'T ALWAYS MEAN EASY.

This journey isn't about perfection or even "success." It's about showing up. About being present and reconnecting with yourself — in all your layers, your quiet, and your noise. It's about reclaiming your health, your life, and your fertility experience.

Finding the right kind of support has been shown to have a profound impact on fertility outcomes. Coaching allows us to slow down, look at the full picture, and create support that fits YOU — your body, your life, your capacity, and your emotional reality.

This is not a "just relax and it will happen" program.

My work is grounded in nervous system science, stress physiology, restorative nourishment, years of women's health and fertility nursing, and compassionate whole-person support.

This is whole-person care.
This is the bridge.
This is where safety starts.
This is where change happens.



Honour this
moment. Honour
yourself.
And trust that you
are enough and that
you are doing
enough.
Together, we do
different.

YOUR NEXT STEP

This is a different approach to preconception and pregnancy wellness.

Most focus only on hormones, supplements, or symptom management.

But stress impacts:

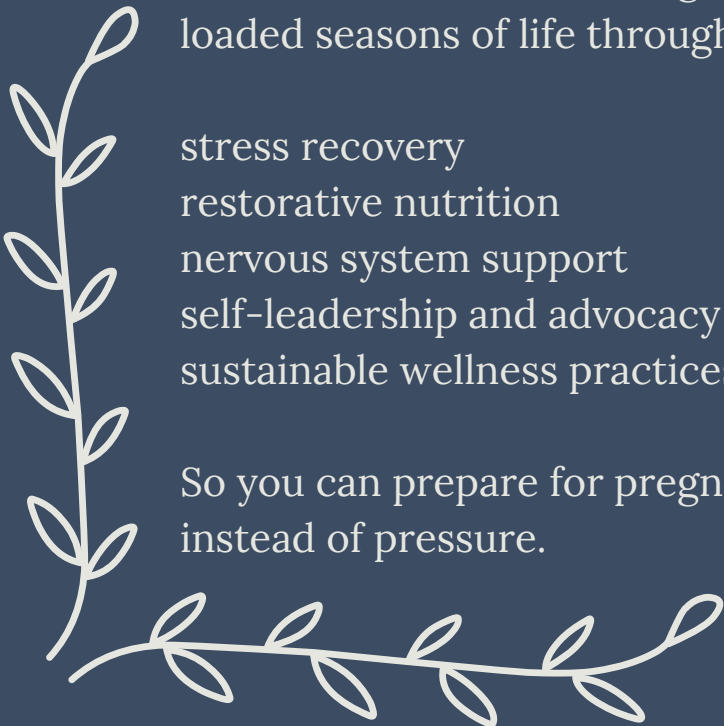
hormones - digestion - sleep - inflammation - immunity
emotional regulation - nervous system safety - recovery capacity

Your body isn't separate from your life experiences.

I help overwhelmed women feel safe, regulated, informed, and connected to themselves again during one of the most emotionally loaded seasons of life through:

stress recovery
restorative nutrition
nervous system support
self-leadership and advocacy
sustainable wellness practices

So you can prepare for pregnancy from a place of support instead of pressure.





YOUR NEXT STEP

If this guide resonated with you...

You likely don't need more information, more podcasts, more supplements, more books, more advice or more resources.

You probably need:

- support
- clarity & simplicity
- compassionate accountability
- nervous system recovery
- sustainable next steps and tangible tools
- someone to help you carry the mental load

[Book your complimentary connection call](#)

You don't have to carry this alone anymore. 💚

Humans are biologically wired to
regulate, heal, and thrive in
connection.

SEE YOU SOON!

Rise and be well!



Jer



A note from Jen



Trying to conceive comes with enough decisions already. My coaching is designed to complement the care you receive from your healthcare team by helping you reduce stress, build sustainable habits, and care for your whole health.

Nutrition and supplements are an important part of that picture, but they shouldn't become another source of stress or decision fatigue. That's why I recommend Bird&Be. Their curated, evidence-based daily packs take the overwhelm and guesswork out of supplementation, making it easier to build a simple, sustainable routine you can stick with.

If you decide Bird&Be is the right fit for you, you're welcome to use my affiliate link and partner code below to save 10% on your purchase.

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