

5 tips to improve

sexuality and intimacy

These tips are derived from a presentation at SHARE by Dr. Mindy Schiffman, Clinical Psychologist and Certified Sex Therapist at NYU Fertility Center & Clinical Instructor in the Dept. of OB/GYN at NYU School of Medicine.

communicate

talk about your feelings and desires beforehand, and then let your partner know how things feel during sex.

nurture desire *outside* the bedroom

Dress up and encourage affection & dating-like behaviors.

don't wait to be in the mood

Be open to the possibility of sex even if you don't feel like it. Arousal can lead to desire. Touch for pleasure.

be experimental

Try self-stimulation and consider kegel exercises, alternate positions, erotica, videos, sex toys, or vibrators.

use lubricants

Water-based, non-glycerin.

remember:

sexuality involves not only your breasts & genitals—but your whole body & mind.