

13 Tips to Stay Healthy After a Breakup or Divorce



13 TIPS TO STAY HEALTHY AFTER A BREAKUP OR DIVORCE

It doesn't really matter if you've been together for ten years or ten days, having your heart broken is never easy. And it doesn't always matter whether you were the one who chose to end the relationship, or you were the one who was left...there's still the pain from the loss of "what could have been" to manage in the aftermath.

I've been through two divorces, and I handled each one differently. Trust me when I say I got through the second one and came out better on the other side because I chose a healthy lifestyle and a lot of self-care.

The experience varies greatly for everyone. You might feel overwhelmed by emotional and financial issues, or you might find yourself thriving and enjoying life more.

Whatever your circumstances, the end of a relationship is a major transition, and you should try to be mindful of your thoughts, feelings, and emotions without judgment. Instead, try these suggestions for keeping your mind and body strong and fit.

WAYS TO PROTECT YOUR PHYSICAL HEALTH:

1. Meditate. The feeling of loneliness that comes with the end of a relationship can often leave you struggling to connect. It can

also calm your thoughts, lower your stress, and raise your level of self-awareness.

2. Keep a journal. Divorce often disrupts your daily routines. That may be especially true if you relied on your spouse for support in particular areas of your life. A journal can help you track your feelings and growth as you develop constructive patterns appropriate for your new circumstances.

3. Watch your weight. Intense emotions may stimulate your appetite or make it completely disappear. Follow a balanced diet based on nutritious whole foods, including plenty of vegetables and fruits.

4. Exercise regularly. Working out relieves tension, burns calories, and increases serotonin in your brain which helps fight depression. You may even make new friends while you're hanging out at the gym or yoga studio!

5. Sleep well. Negotiating custody and support arrangements can trigger insomnia. Put away your cell phone an hour before bedtime. In addition to sticking to a regular bedtime, create a dark and quiet environment that will help you fall asleep. You will learn to sleep alone again.

6. Manage stress. Take time to rest and relax. Try not to focus on the things you don't have and can't do. Instead, focus on what you do have and can do. Do breathing exercises or get a massage. Talk with your doctor if you find yourself engaged in self-soothing behaviors that may backfire, such as excessive drinking.





PROTECTING YOUR MENTAL HEALTH AFTER A BREAKUP OR DIVORCE:

7. Accept your feelings. You may be uncomfortable with some of your thoughts and emotions. However, letting go of judgment and validating your experience is the first step in healing.

8. Think positive. Your new life is a work in progress so try to look on the bright side and find reasons to laugh. Forgive yourself for mistakes you make along the way and try to create little victories you can build on each day. An attitude of gratitude will help to keep your stress level down.

9. Seek support. When a couple splits up, friends sometimes choose sides or drift away. Surround yourself with loved ones who care about you and give you constructive feedback. Join a divorce support group in your neighborhood or online if you want to talk with others dealing with similar issues. Don't be scared to ask for help!

10. Meditate and pray. Your spiritual faith can be a source of strength and comfort. Attend worship services. Read inspiring texts and discuss them with others.

11. Take up a hobby. Enriching activities fight loneliness and help you forge a new identity. Get back to an old hobby that you didn't have time for or try something totally new. Take up wood carving, join a group



activity, or do something really daring and go skydiving!

12. Create a budget. Lost income and additional expenses can cause a lot of pressure. Often times the financial insecurity you might feel could be lessened by having access to your financial world in a moment's notice. Consult a financial advisor or browse online for free budgeting websites such as Mint.com.

13. Consider counseling. Studies suggest that symptoms of depression and anxiety are usually temporary following a divorce. However, any relationship troubles could aggravate preexisting conditions. Talk with a therapist if you're concerned about your state of mind. Help is available.

Even if you're at peace with the end of your marriage, a divorce can have a long-term impact on your mental and physical health. Take extra care to safeguard your wellbeing so you can make the next stage in your life happy and satisfying.

I know that having your heart broken is never easy. If you'd like to get more tips like this or, if you're interested in working with me, I encourage you to visit my website where you can schedule a free 30-minute discovery call. Let me support you through your own journey, coaching you through a transformational process of awareness, healing, and growth that will serve you for the rest of your life. Allow me the honor of guiding you out of the darkness of heartbreak and into the brilliant light of the life and love your heart truly desires.

