

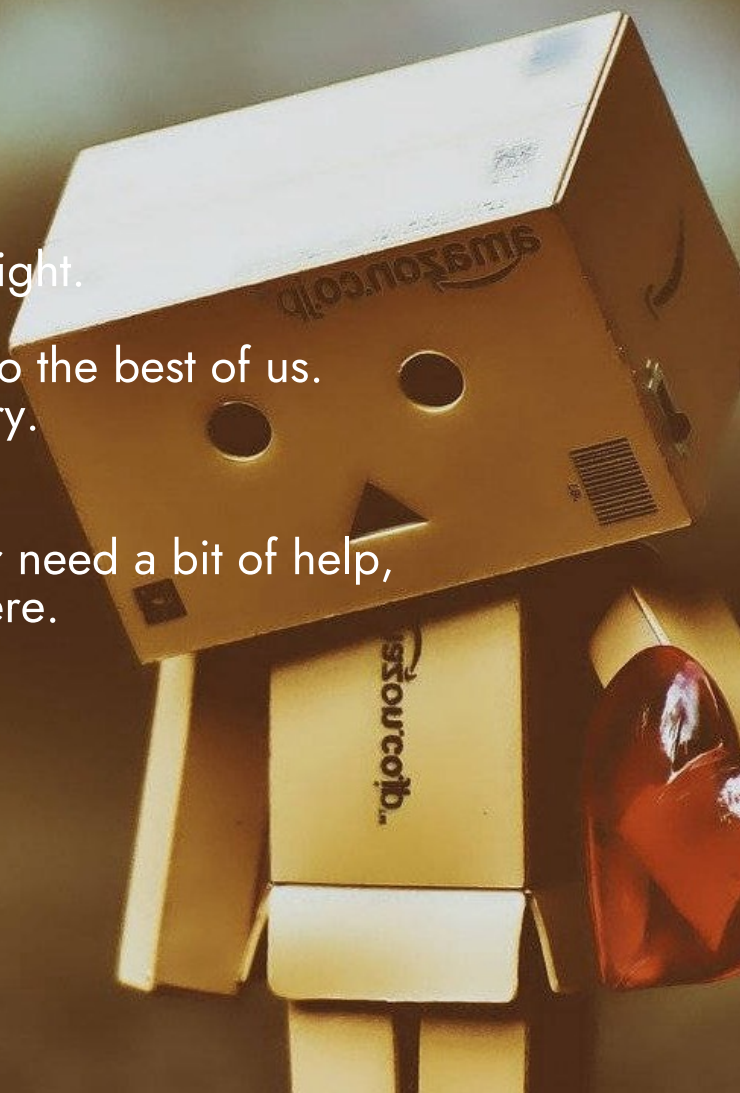
**WhoaBot**

# Heartache?

That's all right.

Happens to the best of us.  
Don't worry.

If you ever need a bit of help,  
it's right here.






# Pinpoint your exact feelings

Take some time to think exactly what emotion you are feeling.

'Upset' can sometimes be a generic term.

Try to find out the precise emotion- is it anger? Is it hurt? Is it disappointment?

Recognizing those are very imperative towards healing.



# Figure out the exact cause of said feeling


Many a time we are upset due to various incidents that unfolded and never go to the root of what specific instance or movement or behaviour was it that made us feel this way.

So take a moment and think about it. The first step of emotional recovery is acknowledging your reasons and emotions.

But it is crucial to do so without playing any kind of blame game. Looking at it objectively always



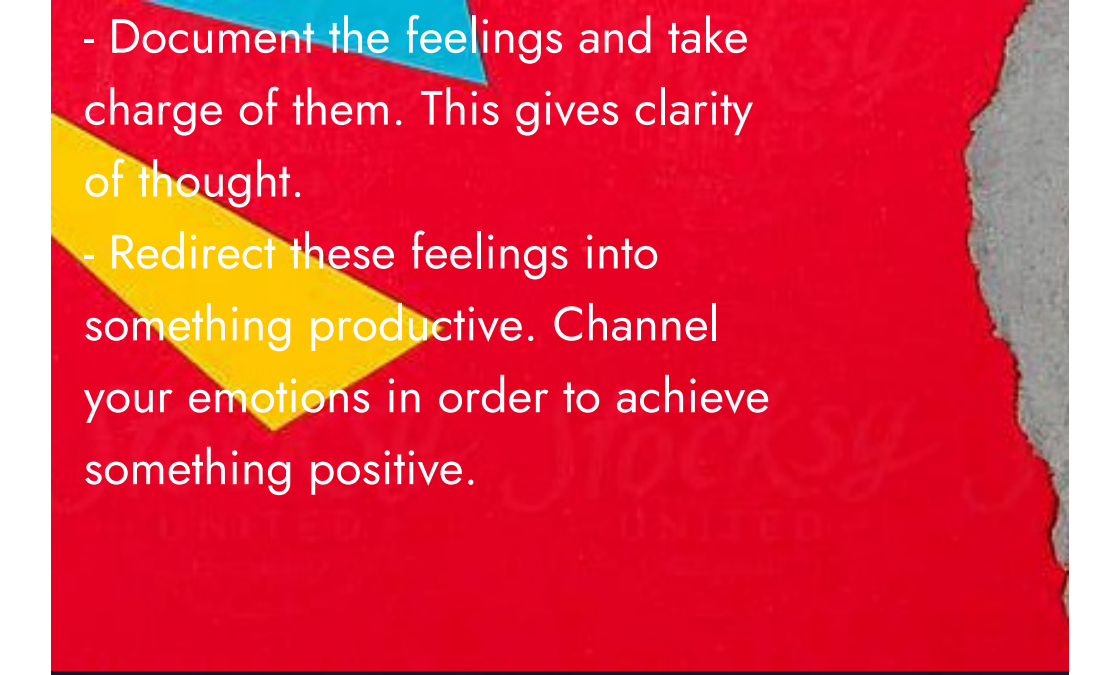
helps.



**Get your  
thoughts  
outside of  
your head.  
Communicate  
. Open up  
about them.**

- Talk it out , nothing is better than  
open and honest conversation  
about things.





- Document the feelings and take charge of them. This gives clarity of thought.

- Redirect these feelings into something productive. Channel your emotions in order to achieve something positive.



**Spend some  
quality ME  
time, either  
by yourself  
or in  
company of**

# loved ones

A silhouette of a person with long hair, wearing a dress or long tunic, standing on a grassy hill. The person is facing away from the camera, looking out over a vast landscape under a dramatic sunset sky. The sky is filled with warm colors of orange, red, and yellow, with some clouds visible. The person's hair is blowing in the wind.

Heartbreaks often leave you feeling rather low on self esteem or lonely. Spend some quality time which is about YOU.

Go for that long walk in the woods. Pick up that hobby that you've always wanted to.

Don't worry. Stay positive. Things will soon come up waters. Hang in there my friend. You can do this!

Remember that you are loved. Cheers! – WhoaBot