



COPING WITH A BREAK UP

Not always easy, but never impossible

Allow yourself to grieve the Break Up

A break up can feel like a huge loss and it hurts, of course, it hurts, it really hurts. The pain of a break up can feel as though the bottom has fallen out of your world, whether you broke up with them or they broke up with you. **AND** it can feel like it will last forever. That future that you painted, those hopes and dreams you had, the plans for the **FOREVERNESS** you put together. **GONE**. And it hurts...so much...it's like a physical pain. And sometimes it is. The intensity of your feelings can make you feel overwhelmed at times. They are like the waves of the ocean. Sometimes the feelings are big and like high tide, and sometimes they are small and its low tide. Sometimes the feelings are stormy and sometimes they are calm. **GRIEVE YOUR LOSS**. Don't bury your emotions, honour them, **HONOUR YOU**. Know that grief is a process. You will wake one day and realise that you hurt a little less overall ...and then a little less, until the intensity is dialled right down and it's **NOT HURTING ANYMORE** ...you feel okay. **YOU ARE THROUGH THE BREAK UP**.

Grief is a cycle, Denial, Anger, Bargaining, Depression, Acceptance. It's not linear, it doesn't happen in any particular order and you will likely 'cycle' back and forth as you process your emotions. And you may or may not experience each phase.

And everyone 'does grief' in their own way. One person's anger might be obvious as blow out arguments with their ex, and yet someone else's might show as 'silently fuming' for example, and so on.

And if you find yourself in the bargaining phase having lots of 'if only' (I could have, I should have) type of thoughts, remember to try not to get on at the station as this is a train that goes nowhere



HOW YOU CAN PROCESS AND WORK THROUGH YOUR GRIEF

Express Your Feelings. Accept that all feelings are okay and all are both a normal and necessary part of healing. Know that your Break Up grief will pass. Be your own best friend and practice self-care.

- Keep a journal – treat it like a trusted friend. Write your feelings down. If you wake in the night with a million thoughts, get your journal out and get whatever's in your head out and onto paper. Do a brain dump. Give your mind a rest.
- If you're feeling angry, write a letter to your ex about how you feel (but don't send it. Tear it into tiny pieces or perhaps burn it). Get those thoughts out and down.
- Be active, whether this is going for walks, hitting the gym, taking up yoga, or a dance class for example. Whatever it is, Be active. Physical activity boosts your mood and reduces stress.
- Establish a daily routine, your mind might be in freefall but a routine gives your life structure, a sense of stability and feeling grounded.
- Talk to good friends, ones that will listen and don't judge or give advice but just let you talk about whatever you need to. Let them be there for you.
- Nourish your body. Keep your strength up, eat well and put a sleep routine in place. An exhausted body can't support an exhausted mind.
- Make time for things you love doing. It doesn't have to be anything big but doing something you love can help shift your focus and stimulate happy brain chemicals.



- Be kind to yourself. If you find you are being self-critical, think of someone who cares about you. Imagine their words of comfort. Wrap those words around you like a big soft duvet.
- Get a Break Up coach. A good coach will help you make sense of things, help you navigate your way through your grief, get you back on track, and into a future that you love.

Okay, so there are a few ideas here but you may have some you want to add. You can use the table below to help put a bit of structure around this and keep you on track. If your activity includes someone else, pop them in below. It also helps if the activity is as specific as possible so I've popped an example in the table.

What I will do (Eg, Walk the dog)	Who with (eg, Friend Julia)	How often/when will I do it (eg, Every morning)