

Divorce Tips

How to survive and thrive after a middle-age break-up

1. Allow yourself to be sad and grieve; it's a painful process. As time goes by, set yourself a daily limit of grief so you're not wallowing in it.
2. Stop trying to be brave. Enlist the help of close friends and family so you have someone to call in the middle of the night if you feel desperate.
3. Remind yourself of the reasons for the split. Don't idealise your past or create notions of a fantasy relationship which never existed.
4. Take some of the blame. This will enable you to ensure you don't repeat the same mistakes with someone else.
5. Keep a journal of your feelings. You'll find it cathartic. When you write something down, it helps you to see a clear way through.
6. Keep up with your daily routines and add in something for yourself each day which makes you feel good. It might be exercise, cooking a favourite meal, watching a DVD or listening to music you love.
7. Change your home around if you're not moving house so you're not constantly reminded of your previous life. If you do move, make your new home look different and individual.
8. Focus on your future. A good way to do this is to write down all the things you want to achieve – you're still quite young! Then write the date by which you're going to achieve each goal and the steps which need to be taken. Make sure you take it in bite-sized chunks or you'll find yourself overwhelmed.

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9. Let go of negative emotions. A good way to do this is to remind yourself of positive moments and re-live them.

10. Make sure you go out and meet people. Don't let a day go by when you speak to no one.

11. Join new groups or classes where you'll meet people who weren't shared friends.

12. Seek professional help if you feel stuck.

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