



WAYS TO HELP YOU COPE WITH DIVORCE

Tips for Coping With Divorce

Coping with a divorce can be difficult. It can feel as if your whole life has been turned upside down. This course provides you with tips to help you cope.

- How Are You Coping Worksheet
- Taking Care of Yourself Physically
- Let Other People Help
- Be positive
- Positive Self-Talk Video



How are you Coping?

As you go through this course think about the following questions.

- What are some of the feelings you are experiencing now? (list at least three)
- How do YOU think you are coping?
- How do you think OTHERS think you are coping?
- What do you think you could be doing better to improve the way you are coping?
- Where are some places you can go or activities you can do to help you feel better?
- What places or people should you avoid right now?
- Who are some people that you could reach out to for support?

Once you complete the course you will have the opportunity to answer these questions.

TAKE CARE OF YOURSELF



EAT WELL

With all of the emotions you are feeling, you may find yourself not eating or overeating. Make sure you are eating a well-balanced diet. This will give your body the proper energy to deal with life's challenges.



SLEEP WELL

Your stress and loneliness may make it difficult to sleep. Do your best by sticking to a schedule and getting to bed early enough to get a good night's rest. Lack of sleep can cause physical, mental, and emotional problems.



EXERCISE

It may be hard to fit exercise into your schedule while adjusting to all of the changes in your life. However, exercise will help your physical and emotional health while coping with your divorce.

TAKE CARE OF YOURSELF



PAY ATTENTION TO WHAT YOU NEED

Make sure to speak up to express what you need. Honor what you believe is right for you and your children even if it is not what your ex or others want.



TAKE A TIME OUT

Try and put off making any big life decisions for a while like making a big move or changing jobs. You will be able to make better choices when you are less emotional.



STICK TO A ROUTINE

Since divorce changes so many aspects of your life try and stick to your routine while making adjustments. A routine can provide you and your children with some structure during this chaotic time.

Let Other People Help

- Spend time with close friends and family that love and support you. Connect with them through face-to-face conversation. Talk about how you are feeling and allow yourself to be vulnerable.
- Consider seeing a counselor to talk about how you are coping.
- Join a support group in your area with others that are also coping with divorce.
- It is important for you to have at least one place where you can express your feelings.



The friend that can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief or bereavement, who can tolerate not knowing...not healing, not curing... that is a friend who cares.

Henri Nouwen



Be Positive!

This can be easier said than done when going through a difficult life situation. Be patient and kind to yourself as you adjust to losses and make new goals for the future.

Pay attention to how you talk to yourself...Are the things you tell yourself in your own mind positive or negative?

*"Talk to yourself like you would
to someone you love."*

-Brene Brown



Positive Self-Talk

From a channel with a health professional
licensed in the US



PsychHub™

POSITIVE SELF-TALK



Watch on  YouTube

How are you Coping?

Answer the following questions in a journal or a piece of paper. Please answer honestly. These questions are meant to help you understand how you are coping and come up with personalized ways for you to cope with your divorce.

- What are some of the feelings you are experiencing now? (list at least three)
- How do YOU think you are coping?
- How do you think OTHERS think you are coping?
- What do you think you could be doing better to improve the way you are coping?
- Where are some places you can go or activities you can do to help you feel better?
- What places or people should you avoid right now?
- Who are some people that you could reach out to for support?

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