

# Coping with a breakup

When a relationship ends, whether it was your decision or your partner's, we feel bad, disoriented, sad, scared... The grief can be even more painful if the breakup is unexpected or after a long and beautiful relationship.

Here are some recommendations to help you get through it:

## Seek emotional support:

- Seek support from people you trust. Don't go through it alone. Have someone be your emergency contact for difficult times.
- Let your sadness out. Listen to how you feel. Talk about it.
- If you need to, consult a professional.

## Your daily life:

- Maintain your normal routine. Live day by day. Focus on taking care of yourself, eat and sleep as needed. Get moving.
- Fill your time with simple activities that you enjoy, such as singing, dancing, listening to music, going for walks, going to the gym, relaxing, taking baths, getting massages, etc.
- When you feel a little better, stay active and socialize.
- Avoid making big decisions until you feel better.



## Mood support:

- It is necessary to grieve, respecting your own pace, without rushing or ignoring the pain. You may go through denial, anger, sadness, healing wounds, making peace with the past, overcoming anger, accepting, and remembering the good.
- It may help to write down your thoughts, sadness, anger, and fear.
- When your thoughts turn to your former partner or anger, say "ENOUGH!", take a deep breath, think about positive things, and do something you enjoy.
- Create phrases that encourage you: "I'm fine," "I'm getting stronger every day," "I am who I want to be," "I have friends who love me"... and repeat them when you need to.
- Avoid victimhood. Don't settle for someone who doesn't love or deserve you.
- Value yourself, love yourself, learn to be with yourself. This is an opportunity to learn from your mistakes, rediscover yourself, and start a new life.
- Accept the situation (once you have cried out your pain, you must decide whether you want to "accept" or "continue suffering").
- Make a list of the positive aspects of your life.
- If you have made the decision, respect and value your decision. If the other person has made the decision, accept their decision.

## As for your ex:

- Avoid or reduce contact with him/her until you feel better.
- Try to focus on remembering the good things you experienced in that relationship, not the anger or sadness. Don't waste time hating. There will come a day when you will remember it better.
- If there has been no aggression, and you wish to do so, you can have a pain-free relationship.