

Top 10 Tips for Surviving Divorce and Separation

Going through a separation or divorce is one of the most traumatic events a person can experience in a lifetime. Here are ten steps to survival:

1. **Manage stress** – Stop the emotional tailspin by using stress management and exercise.
2. **Avoid making life-changing decisions at this time** – This may not be the time to make major decisions such as relocation or changing careers.
3. **Reassure children that your family will continue** – Go to the bookstore or library to find age-appropriate books that explain separation and divorce to children.
4. **Ask “Am I acting in the best interest of my child?”** – Keep arrangements as simple as possible and don’t put kids in the middle.
5. **Make a schedule** – Make a list and target dates to help you feel more in control and less stressed. Delegate as much as possible.
6. **Ask for help from supporting family and friends** – Be specific about how they can help. GET PROFESSIONAL HELP IF NECESSARY—Sometimes it is just too hard to get through this by yourself.
7. **Be realistic** – It’s important to have realistic expectations and not to expect too much from yourself and everyone else when you are feeling so bad.
8. **Take care of yourself** – Get adequate sleep, eat healthy, exercise. Give yourself a break – you deserve it. Be protective of your need for solitude.
9. **One day at a time** – It gets easier. It gets better and hurts less as time passes. Spend time with others who understand what you are going through.
10. **Grieve the loss** – Separation and divorce is devastating, and it takes time to recover.