It’s never easy when a marriage or significant relationship ends regardless if it’s mutual or one-sided. However, it’s important to know that you can, and will, move on.

**COPING WITH SEPARATION AND DIVORCE**

It’s normal to feel sad, angry, exhausted, frustrated, and confused. These feelings can be intense. You also may feel anxious about the future. Accept that reactions like these will lessen over time. Even if the marriage was unhealthy, venturing into the unknown is frightening.

Give yourself permission to feel and to function at a less than optimal level for a period of time. You may not be able to be quite as productive on the job or care for others in exactly the way you’re accustomed to for a little while. Take time to heal, regroup, and reenergise.

**ALLOW YOURSELF TO GRIEVE THE LOSS OF THE RELATIONSHIP**

Grief is a natural reaction to loss, such as a breakup or divorce. Just remember that grieving is essential to the healing process. The pain of grief is precisely what helps you to let go of the old relationship and move on.

**TIPS TO MANAGE YOUR GRIEF**

- Don’t fight your feelings: it’s normal to have lots of ups and downs, and feel many conflicting emotions, including anger, resentment, sadness, relief, fear, and confusion. Identify and acknowledge these feelings.
- Talk it out: surround yourself with people who are positive and who truly listen to you. It’s important that you feel free to be honest about what you’re going through. People who have been through painful breakups or divorces can be especially helpful. They know what it is like and they can assure you that there is hope for healing and new relationships. This could be a good time to cultivate new relationships.
- Remember that moving on is the end goal – it’s important not to dwell on the negative feelings or to over-analyse the situation. Getting stuck in hurtful feelings like blame, anger, and resentment will rob you of valuable energy and prevent you from moving forward.
- Remind yourself that you still have a future – be encouraged by the fact that you’re about to manifest new hopes and dreams.
- Explore new interests. A divorce or breakup is a beginning as well as an end. Take the opportunity to explore new interests and activities. Pursuing fun, new activities gives you a chance to enjoy life in the here and-now. Learning important lessons from a divorce or breakup Understand what happened and acknowledging the part you played. It’s important to understand how the choices you made affected the relationship. Learning from your mistakes is the key to not repeating them.
- Know the difference between a normal reaction to a breakup and depression - Grief can be paralysing after a breakup, but after a while, the sadness begins to lift. However, if you don’t feel any forward momentum, you may consider professional help or join a support group.

**USEFUL CONTACTS**


Relationships Australia: https://www.relationships.org.au/


Parents Beyond Breakup: https://parentsbeyondbreakup.com/


Mensline: https://mensline.org.au/