



Coping with Divorce

by award-winning author / stress-relief expert Susie Mantell

Q: Dear Susie, How can i get over a spouse who left me?

A: The question you ask is, very sadly, all too common. We are living in a time when far more marriages either end in divorce or struggle along unhappily than those in which two equal, loving partners build and create a life together and thrive and grow for a lifetime in that marriage. It is rare, and it takes not only loving commitment, mutual respect and shared work and responsibility, but the longer I live the more I think it also takes some measure of emotional stability, timing and luck.

All of the relationships we choose in life have great purpose. Even those that end before we feel ready are treasures. They bring life lessons about ourselves as we move forward. We gain from having known and cared for that person, and what we were able to share of ourselves to enrich the journey of the other, for however long.

The loss of a loved one, whether through divorce, geographic relocation, the end of a friendship or death, often triggers feelings of bereavement, abandonment, depression, insecurity, fearfulness and sometimes anger. All of those emotions cause stress on the body-mind-spirit that can be harmful. We need to summon and accept support from trusted friends, family, healthcare professionals and clergy, and perhaps even books and movies can provide insight and inspiration. We must muster all our inner resilience and resources, and put ourselves in "emotional intensive care."

While it feels like an ending, and it is, this is also the start of a new chapter, and we are usually somehow richer for having loved and been loved, even after that love ends. We mustn't get stuck in the grief or anger of divorce any longer than necessary. Life is short, and there is some living to be done! We need to find light and joy in little things, to plan ahead for what we would like our lives to look like next, and allow ourselves to grieve as necessary. As we go through a period after a breakup, I suggest sometimes scheduling limited "sad time." Maybe an hour or so, as needed, to cry, journal, feel angry, or whine to a good friend without interruption. But then after that hour, do something uplifting and pleasurable that reminds you that there is more to life than the sadness you feel today. For many suggestions on how to cope with the stress of a breakup, please go see the following tips on my website. I hope they'll bring you comfort and peace.

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Many find comfort in my audiobook on CD, "*Your Present: A Half-Hour of Peace*," a soothing relaxation narration to relieve stress, sleeplessness, depression and anxiety, by many hospitals and therapists.

Here are a few samples of tips from my website that I think will be helpful.
There are MANY, many more at www.relaxintuit.com)

- 70 (!) Ways to Feel REALLY Good...Fast!
- 3 Top Tips for Stress-Reduction
- Depression: Simple Soothers to Lift Your Spirits!
- Grief - Loss & Bereavement: There Are No Rules

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