



Divorce: Running on Empty? **by award-winning author / stress-relief expert Susie Mantell**

While it's true that divorce is an ending, it is also a beginning. The separation process can be a long and exhausting one for all concerned, and finding oneself suddenly "solo" can feel a bit lonely. Such significant life transitions can be physically, emotionally and spiritually draining, but there are many things we can do to ease the process.

15 Quick-Tips for Refueling

1. Create a "Fun Things To-Do" list of three items, each delightful. Do all three this month.
2. Now make a "Not-To-Do" list of three non-essential tasks you may skip.
3. Find something in your home that is broken. Fix it, or schedule a repair.
4. Keep a jar of bubbles in your desk. Use them.
5. Go to the library or surf the web for new topics you're curious about.
6. Tell one friend a secret, long-term goal. Ask him/her to gently remind you in three months.
7. Count your blessings, literally. (Bonus: This is also a great way to fall asleep.)
8. Start your day with a smile. Open a joke book. Play with a loved one.
9. Do something that is unexpected, impulsive, or both.
10. Ask one person a day, whom you wouldn't normally ask, how they're doing. Listen to their reply and respond thoughtfully and meaningfully.

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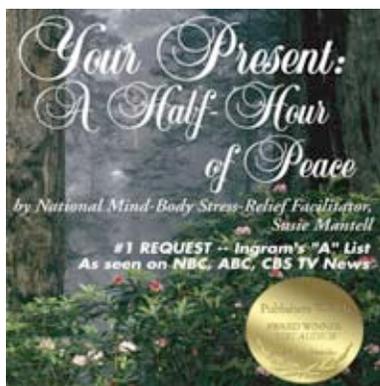
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11. Plan a play-date with three or four same-sex pals.
12. Buy something in a color you love but that you wouldn't normally choose.
13. Plan three 'beautification' projects that can each be done in one day.
(e.g. paint a room, organize a closet, highlight your hair.)
14. Shake up your exercise routine, take a class, change your walking route, notice six beautiful things along your way today.
15. Choose a person or charity you care about, and find a way to help.

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