



BFLG'S TIPS ON SELF-CARE

When it comes to separation and divorce, you need to prepare for a marathon, not a sprint. That is why self-care is so critically important to surviving the journey of divorce, and also to exiting the divorce journey as a better, stronger and more capable, grounded and happy person. If you do so, this will spill onto your children and the next chapter of your life.

Here are BFLG's recommended techniques for divorcing spouses to practice on their divorce journey:

- 1. Sleep really well.** Set a designated time to go to bed and stick to it. Put the devices away before bedtime. Stop watching screens 1 hour before bed. Lower caffeine intake. Take sleeping aids such as Melatonin or prescribed medications, if needed. However you do it, make sure that you are sleeping at least 7 hours every night.
- 2. Eat clean.** Eliminate the 3 white devils - sugar, salt and flour. Choose a food program and stick to it. Drink two litres of water every day. Do not allow your divorce to justify poor eating, weight gain and bad health. Appoint someone to hold you accountable.
- 3. Exercise.** Start with an easy 30 minute walk outside everyday. Later, double up with a meditation app. Practice deliberate breathing. Build your exercise up by adding time, speed or incline. Keep adding milestones. Eventually, you can add a gym membership, yoga class, running group or fitness partner. Treat fitness as a requirement in your post-divorce journey and not an option.
- 4. Grow your brain.** Begin learning topics through reading, listening, or podcasts that are on a topic that is stimulating to you. Consider topics that you have always been curious about (eg. history, politics, art, architecture, travel, design, business, foods of the world, etc.).
- 5. Socialize.** Place yourself amidst others. Take your reading to a coffee shop, library or community center. Begin attending church/mosque/synagogue each week. Connect with an old friend.
- 6. Express yourself.** Begin journaling, drawing art, writing poetry, listening to music, doing a craft or finding a new hobby.

7. Practice gratitude. Express thanks to people around you. Start with your children, then family, and then friends. If you believe in G-d, express gratitude through prayer. Practice spirituality.

8. Laugh. Program laughter into your day by watching comedy videos on YouTube, funny movies on Netflix or subscribe to comedy channels in your car or at home. Either way, be deliberate about finding humour and laughing. It will take your mind off your divorce, raise your mood and generate positive feelings through your divorce journey.

YOU'VE GOT THIS!

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