

# NAVIGATING A BREAKUP

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*Breakups are one of the hardest things we go through. Going through a breakup can feel similar to going through a death. This transition can bring up intense emotions of loss, anger, loneliness and attachment wounds. Breakups can also be a space to come back to your relationship with yourself, to choose you and offer yourself extra love and care. Breakups happen for a reason. This guide is here to ground you and help you get clear through this time.*

What is one thing from your past relationship you want to honor and feel grateful for?

What were three things (or more) that were really not working in your relationship that you are letting go of?

The time after a breakup is all about the balance of keeping yourself busy and giving yourself time to do nothing and just feel. Highlight the coping mechanisms that feel they could most support you.

- create a playlist that helps you feel all the waves of emotion moving through you and listen to it on repeat
- go to yoga/movement classes (yin yoga and sound baths are especially helpful to soothe the nervous system)
- schedule a daily check-in call with someone you're close to
- plan a trip/something to look forward to
- find a meditation audio you like and listen to it whenever you notice you're spiraling into dark thoughts or feeling out of center
- go shopping – buy yourself a new outfit!
- give yourself full permission to fall apart and have a shitty week
- go out with friends
- cook yourself a meal you really love
- rearrange your space, shift the energy of your living space
- do something creative (make a collage, paint, draw, get some clay ect.)

Come up with a personal mantra that you can repeatedly come back to through this time to center and ground you