

Self-Care During Divorce

Reminders to help you breathe, recharge, and stay forward facing

A note for you: Divorce is hard, and being human is hard work. Taking care of yourself is not selfish or a distraction from the process. It is how you gather the strength and peace to build your new beginning.

1. Lean on Your Village

You do not have to carry everything by yourself.

- ☐ **Let your lawyer handle the fight:**
Hand over the legal worries so you can save your energy for healing.
- ☐ **Give your feelings a safe home:**
Talk with a therapist or counselor who gives you space to unpack without judgment.
- ☐ **Seek clarity on finances:**
Ask a trusted CPA or advisor questions so money feels less scary.
- ☐ **Keep uplifting friends close:**
Spend time with people who make you smile and look ahead, not those who feed drama.

2. Protect Your Peace

Building boundaries is a muscle that gets stronger each day.

- ☐ **Take a breath before replying:**
You do not have to text or email back right away. Give yourself time to cool down.
- ☐ **Ask: "Is this conversation serving me?":**
Give yourself permission to say no or step away from toxic exchanges.
- ☐ **Honor your privacy:**
Your heartbreak and healing are sacred. Keep your personal story off social media.
- ☐ **Create calm spaces for kids:**
Keep adult emotions and disagreements out of little ears.

3. Care for Your Body & Find "Glitter"

Small moments of comfort and joy matter immensely.

- ☐ **Guard your sleep:**
Rest is where your resilience comes from. Go to bed gently tonight.
- ☐ **Step outside into daylight:**
Even a 10-minute walk or sitting in the morning sun helps reset your spirit.
- ☐ **Nourish yourself with kindness:**
Eat comforting, nourishing meals and remember to stay hydrated throughout the day.
- ☐ **Find 30 minutes of simple joy:**
Do one little thing purely for you: potting plants, reading, baking, or listening to music.

4. Stay Forward Facing

Divorce is a season in your life, not your entire identity.

- ☐ **Speak your fears out loud:**
Walk through your worst-case worries with your attorney to take away their power.
- ☐ **Release what you cannot control:**
Focus on what is in front of you today and let the rest unfold in time.
- ☐ **Celebrate small daily wins:**
Every single positive choice you make is proof of your growing independence.
- ☐ **Picture your future peace:**
Remind yourself that brighter, calmer days are waiting on the other side.