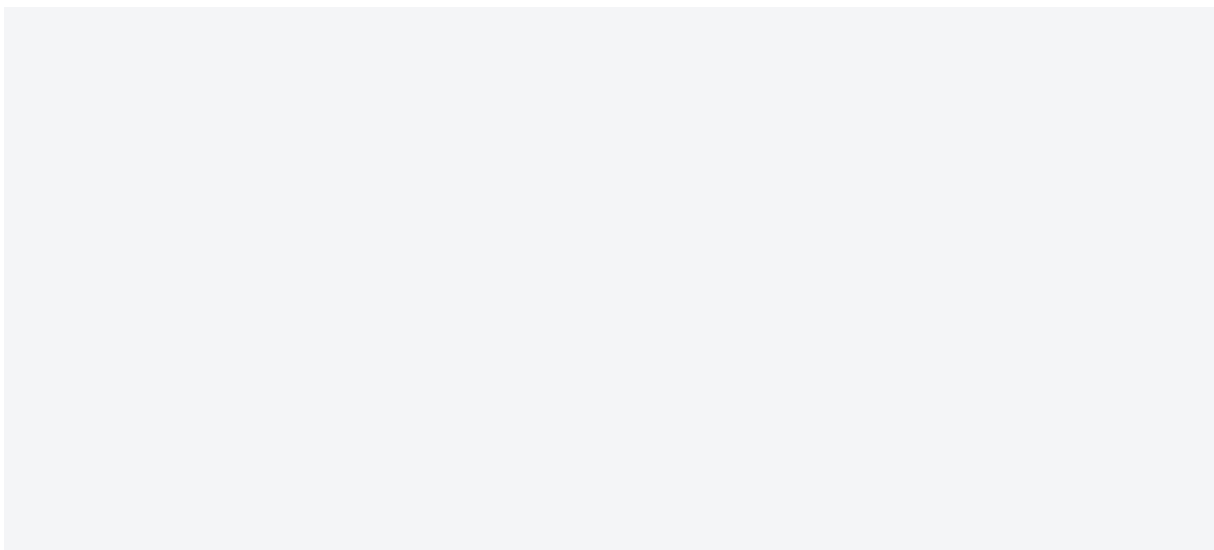


## Difficulty Coping After a Divorce

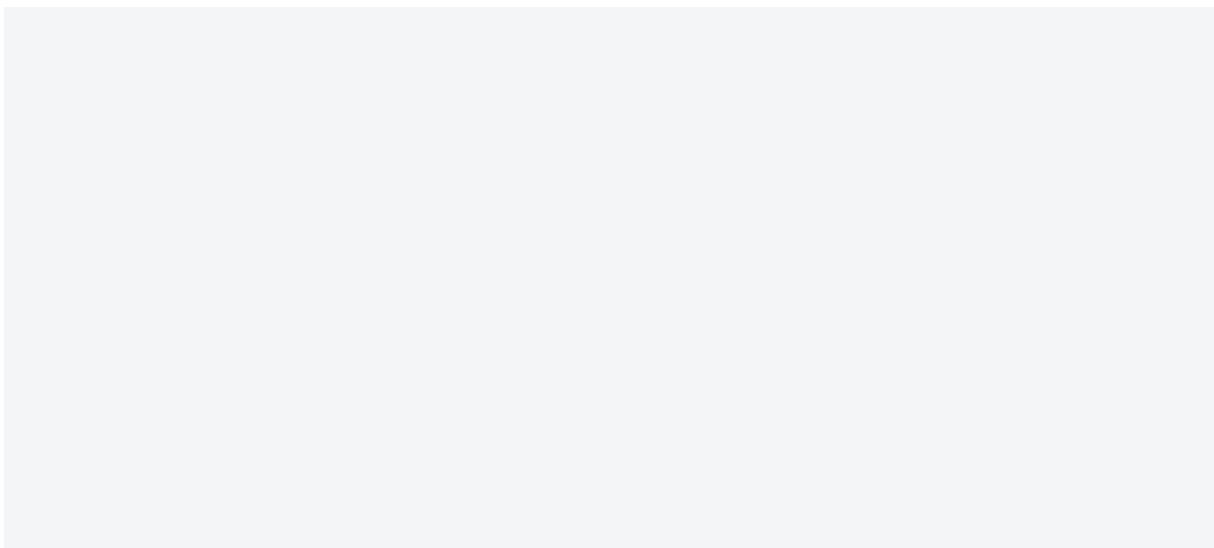
Divorce is a significant event in anyone's life. As a result, it can have far-reaching consequences for our mental health, causing stress, anxiety, and even depression.

Please consider each of the following questions to identify signals that you may need to prioritize taking positive steps for your mental wellbeing:

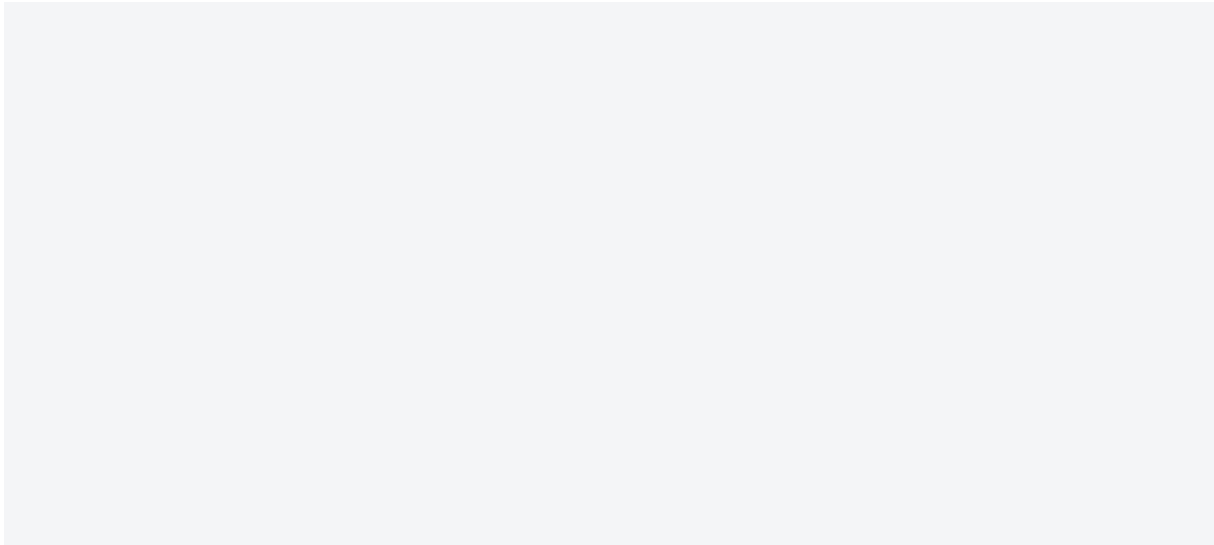
Are you avoiding friends, even your closest ones? If so, think about who you could contact and what you would like to do with them.



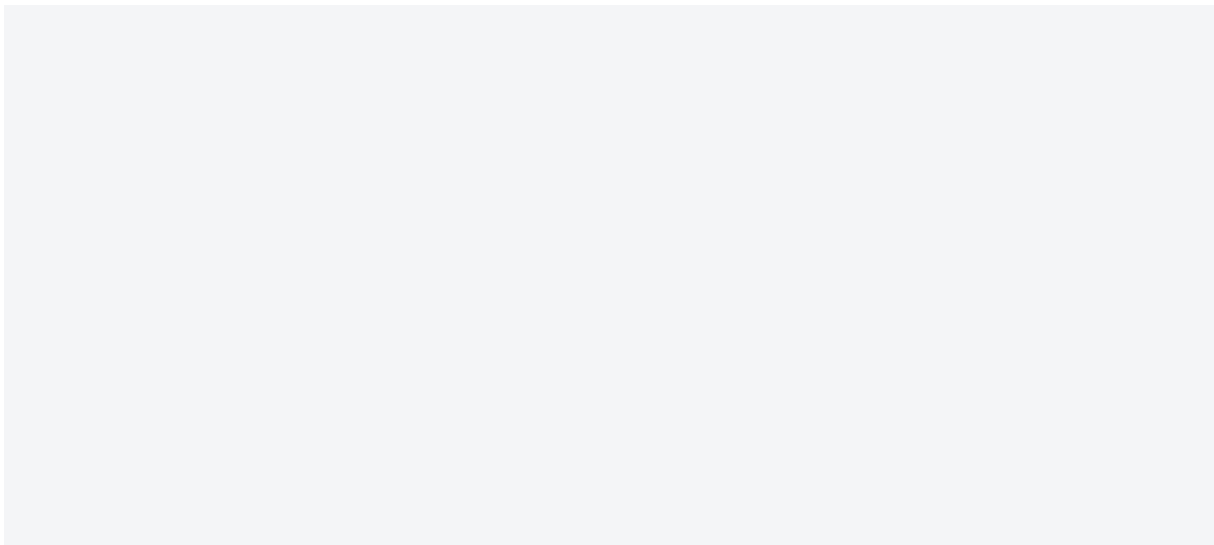
Are you checking your ex-partner's social media several times a day? Ask yourself, what am I looking for, and why is it upsetting me? It may help to remove the app from your phone for a time.



Do you find that you have nothing to occupy your time? If so, what have you always wanted to try? Or, what did you previously do that you would like to start doing again?



Are you dwelling only on the good parts of the relationship, forgetting what went wrong? Make a list of what made you unhappy in the relationship and why your life had to change.



Dr. Jeremy Sutton