

Self-Care During a Divorce

Divorce is a time of considerable change when you may be focusing all your energies on making sure everything and everyone is taken care of but remember that *self-care is self-less*.

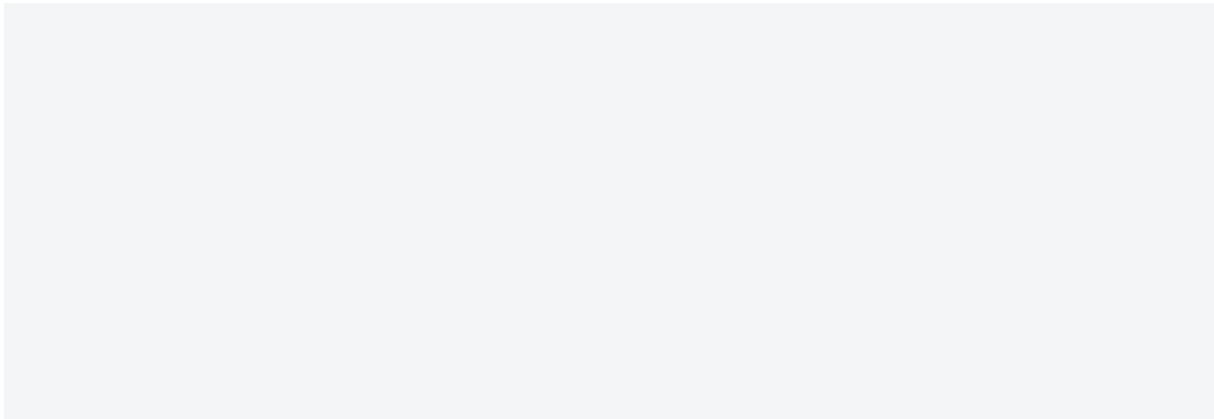
Take some time to answer the following questions and consider your needs:

What are you doing to look after yourself?

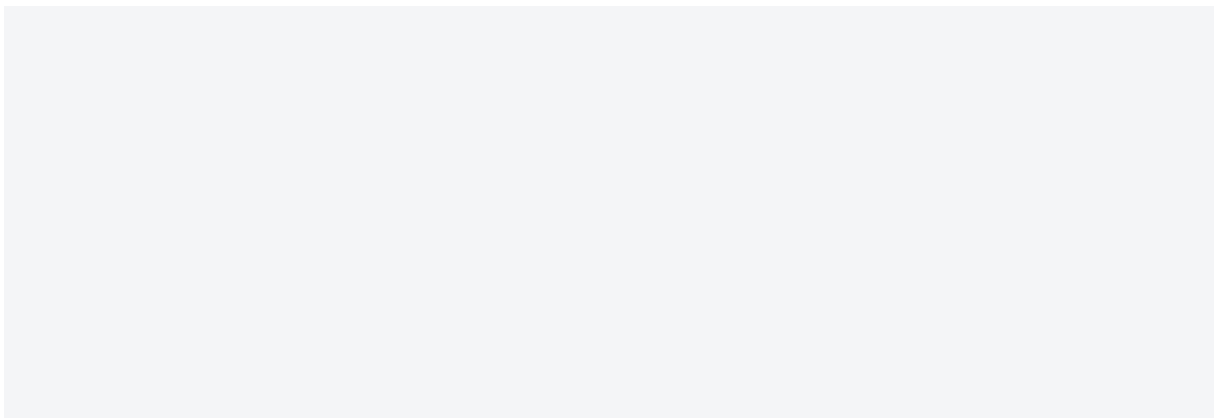
Think of three things you could do for yourself and no one else?

Think of a best friend. What could you arrange to do with them?

Think of a time each day you could use to prioritize yourself (for example, stopping to listen to your favorite music or reading a book you cherish)



What small thing could you do throughout each day that would bring you moments of peace or joy?



What physical exercise can you commit to every day to get fresh air and think about something other than your present situation or worries?

