



# COPING WITH A BREAKUP

Take your time, you will heal!

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## Step 1: Allow yourself to process and feel

- It's okay to feel sad, angry, or confused.
- Breakups are tough, and you're allowed to experience a range of emotions.
- Acknowledge your feelings without judgement.



## Step 2: Lean on your support network

- Reach out to friends, family, or a counsellor.
- Talking to people you trust can help you process your feelings.
- Don't hesitate to ask for help – you're not alone.



## Step 3: Set boundaries

- If needed, take a break from social media or create distance with your ex.
- Avoid situations or conversations that make the healing process harder.
- Protect your peace of mind during this sensitive time.



## Step 4: Reflect and grow and keep doing the things you love

- Use this time to focus on personal growth
- Breakups offer an opportunity to rediscover yourself.
- Reflect on what you've learned about your needs and values but don't ruminate. Take care of yourself, eat well, sleep, exercise and do the things you love to give your mind a rest.