

# Healing After Heartbreak



## 10 WAYS OF HEALING AFTER HEARTBREAK

1. Don't be afraid to cry – a lot.
2. Talk about what's happened – don't hold it in.
3. Write about your experience – helps to put it into perspective – keep a journal.
4. Focus on what drives you – excites you, makes you feel good again.
5. Take on a project that ignites your passion – writing, starting an internet business, dance classes, read, do an online personal development course, take up a craft you've always wanted to do – but do something. Concentrate on what makes you feel good.
6. Take time to nurture yourself – baths, meditation, massage, pamper yourself – be selfish for a time.
7. Take time to put yourself back together – diet, exercise, beauty treatments, change the colour of your eyes, your hair – be yourself but have a bit of fun doing something different that makes you look & feel better.
8. Get together with your closest friends – let them help you. Laugh with them & be a friend & they will reciprocate. They will give you love & support. Don't be afraid to draw on the strength of good friends & family.
9. Remember that you are a fabulous person & that your ex partner's betrayal doesn't mean you are less worthy – you ARE going to be stronger & better.
10. If all else fails get a dart board – put his/her picture on it & practice until you score a bullseye. Great stress release. So is their photo on a punching bag – then you can beat the metaphorical crap out of them.....

Sorry about the last one but you have to maintain a sense of humour above all else – can be bloody hard at times – but I have discovered you can laugh while you are crying, in the right company.....