



5 STEPS TO MOVE ON AFTER SEPARATION

1. Do things for YOU.

Stop wondering what your ex is up to!

Are they happier? Are they moving on without you? Are they stressed or not coping? Are they ok?

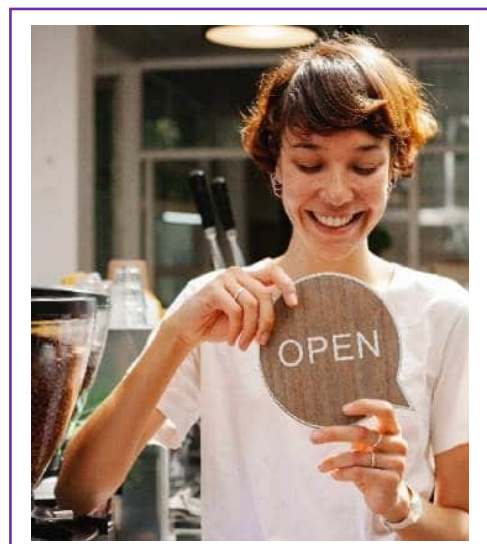
It doesn't matter. Their life is not your concern now. It is time to put YOU first (with respect of course). Resentment, anger, bitterness, it all hurts you more than it hurts them!

Often what keeps us stuck is overthinking, or over-worrying, about what the other person is up to. If this is you, then you are not giving yourself the time to think about yourself and your own needs.

This moment in your life is an OPPORTUNITY to "Reclaim Your Life"

Consider things that you want to do, and perhaps couldn't do.

Learn something new, join a team sport, join a gym. Even less active things like simply reading a book or watching movies that your ex would never watch with you.



Do things that make you feel good about who you are, just because YOU CAN, and you DESERVE IT!



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2. Reconnect with family and friends.

No matter how long it has been, if it is time to make amends do it. It is never too late to say sorry. If they do not want to hear it that is ok, as long as you are genuine.

Get the support you need from friends.

Talk to them and let them know how you are going. Remember not to hijack all the conversations and make it about you. If you do this, they will get frustrated with you.

Have fun, even if it is online!

Having fun is a key component to getting back to you! Remember having fun with your children is also very important, and well, fun!

Sometime people withdraw from everyone they know. Then they say things like, “no one is interested in how I’m going”, “No one calls me”.

Upon further investigation they have ignored all calls and said no to all invitations. What this says is “I’m not ready, leave me alone”.

If this has been you, make sure you reach out to let others know you are ready to connect again.



Join our private Facebook support group
“Divorce, Separation and a little bit of hope”.

Gain support.
Ask questions.
No Judgement.
Keep up to date with anything that is happening.



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3.Look after your body and mind.

Have you ever heard the saying “Your body is your temple”?

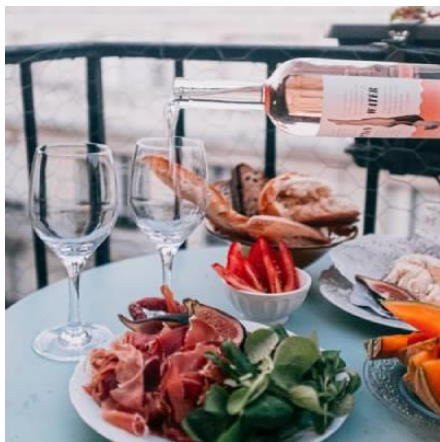
Or

“What you put in is what you get out! “

These are both true.

Be mindful of what you are eating, it truly will make a difference.

Lots of sugar, fats and alcohol will cause you to feel sluggish, foggy and generally unwell.



Fruits and vegetables, and a balanced eating plan (not a diet!) will help clear your mind and give you some energy.

Did you know your brain is 80% water? So a dehydrated brain = a tired brain. Drinking around 8 glasses of water a day will keep you hydrated and fresh – remember coffee and alcohol dehydrates you.

The last thing we usually want to do when we feel terrible is to exercise.

However, there is an abundance of evidence that proves this can improve your mood (including reducing anxiety and depression), raise your energy, and give you some headspace to make better decisions.

Start with a short walk, maybe just 10 minutes a day, and increase it up to 30 minutes a day, longer if you can. A brisk walk that gets the heart rate going will do you a world of wonders.



4. Set clear boundaries

Boundaries are one of the most important things you can do in terms of saying “I matter”, especially with your ex-partner!

Learning how to say NO when you need to and YES when you want to is a very important part of the self.

If you have a tendency to keep the peace by giving in, then your boundaries are still undefined.

On the opposite end, if you tend to ignore other people’s decisions in order to get what you want then you are stepping over other people’s boundaries.

Understanding your own needs and wants takes time and some deep reflection. Perhaps something you can ponder when you go for that walk.

5. Learn something new – about yourself and/or for yourself.

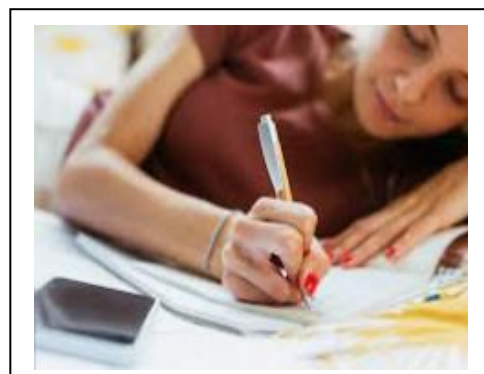
Figuring out exactly how you tick can be terrifying and absolutely liberating!

Giving yourself permission to “do you” is not always easy, but when you do, you won’t regret it!

Inner work means letting go of belief systems and trauma that hold you back.

Things like

- I’m not good enough – we all have this at some point in our lives, especially after a separation!
- I’m not worthy
- I have to please others
- It’s my responsibility/fault



All these beliefs, and hundreds more, stem from childhood, and can be worked on relatively easily with the right process!



Trauma can relate to events in childhood that really hurt us, emotionally or physically. It can be your past relationship, it can be a workplace incident, or even witnessing something distressing.

You may be surprised to know that trauma can also be as simple as a child being neglected emotionally, and developing a belief that they are unlovable.

There are many forms of trauma that affect who we become as adults.

Sometimes it can feel like no one out there will understand you or that no one can help you, or even that your story will be too hard for the therapist to cope with.

Well, this may seem tough, however let me assure you that where ever you are at, and whatever you have been through, you are not the only one.

Therapists and coaches work with hundreds, if not thousands of people. We have heard many stories, and yes, some are super hard to hear but it is not your responsibility to protect your therapist (I hear this concern regularly).

A good therapist continually works on themselves and updates their skills and knowledge.

If a therapist cannot cope with your story, or help you, then they are the wrong therapist for you! A good therapist will tell you they are the wrong fit. Keep looking until you find someone who makes you feel seen and heard.

Please note, if you are experiencing severe anxiety, depression or have suicidal thoughts it is highly recommended that you speak to an experienced professional as soon as possible.

There are also free helplines with trained counsellors to help, look up the numbers in your area, "free helplines".

It may feel like there is no way out of these feelings, however I can assure you there are many people, and ways, to move on from this.

The pain you are feeling today, will pass, if you allow it.

One day at a time. One step at a time.



Therapy not your thing? Here are some other suggestions.

Read Relevant books

This could be biographies of inspiring people. Their story can really open you up and make you think about your life and choices

It could also be self-help books.

It could simply be books with stories that offer inspiration.

Journal

Journaling is a process of self-reflection. It can be like writing a diary of events that have happened or it can be asking yourself some questions and then answering them. It can be useful to have a journal ready for when you are reading in case you want to write down some interesting points.

Join a Group

This could be a support group, a therapy group, a sporting group or a group for social activity. Use the internet to find things available in your area. You might even be able to join an online group.

Groups are great because they show you that you are not alone. My number one tip with groups, if they offer aggressive or negative energy leave! This could be toward your ex or the legal system or anything else. That kind of energy will just keep you stuck!

On Line Courses

Break Up to Break Through is an online course that you can do in your own time.

There are so many different courses available, from how to meditate, art, writing, career courses.

Some of these courses are hybrid, where there is a face-to-face component, a group component and a learn at your own pace component.

If you are feeling the need to learn something new, do it!