



Toolkit for Divorcing with Dignity

Reflection Activity #2: Reflecting on self-care

In many instances, divorce can lead to a variety of strong emotions, ranging from shock, emptiness, deep sadness, fury, and many more. It is likely that you have some strategies you have found useful for making yourself feel better in the past, but this transition may require some additional coping skills as you move forward. Consider the following prompts as you reflect on how to best take care of yourself during this time of transition:

1. What coping skills have helped me through difficult times in the past?
2. Do I feel as though those skills have been enough for me recently?

If you find yourself needing some alternative coping ideas, here are a few examples of coping skills that you might find helpful. Pick out two techniques that you will try over the next week:

- **Deep breathing:** Inhale for a count of 5, hold your breath for a count of 5, and exhale slowly as you count to five. Repeat this 4-5 times or as needed.
- **Meditation:** Meditation encourages the practice of mindfulness and being present in the current moment. You can find guided meditation videos online on sites like YouTube, and there are also a variety of cell phone apps with guided meditation.
- **Physical activity, stretching**
- **Music or art**
- **Progressive muscle relaxation:** Try tightening your muscles beginning with your toes, then calf muscles, quadriceps, etc. Then take a deep breath, release that tension, and relax your muscles.