

SELF-CARE CHECKLIST



Now and **ALWAYS** remember to **BREATHE** –
Your body goes on autopilot and you might sometimes need this gentle reminder.

BE KIND TO YOURSELF –

Breakups are hard. Give yourself the grace to feel the hurt, fear, grief, and anxiety as these are all normal responses.

HYDRATE –

We need water to keep all of our bodily systems going and to help keep us going through the day. Always keep a bottle of water nearby to avoid dehydration. (Reminder: Alcohol dehydrates us.)

TAKE VITAMINS –

Chances are you will not feel like eating. Taking a daily vitamin will help keep you healthy and able to be there for yourself and your family as you navigate your new normal.

REST WHEN YOU CAN –

As our body kicks into fight or flight and our minds race during a breakup or time of crisis, sleep can be very hard to come by. Cat naps are your friend during this time. Take advantage of any down-time to just shut your eyes and rest.

CHOOSE CAREFULLY WHO YOU VENT TO –

While you may just be venting, your friend or loved one – or the stranger in the check-out line – will remember your words, anger, fears, and accusations. It might be difficult to rebuild relationships asking others to forget the things you said, even if they realize they were coming from a place of fear.

PRACTICE GOOD BOUNDARIES –

Our friends and family will be filled with “good” advice. Remember this is **YOUR** journey and you get to choose how to navigate it, when to make decisions, and who to keep in your life.

PICK YOUR COMMUNICATION TIMES –

If being with or near your soon-to-be-ex always results in a screaming match or tears — limit your exposure. It’s okay to say you need time and space — and to take it. You can always come back to the table when you feel secure and ready.

JOURNAL –

You’re going to feel a lot of emotions, sometimes all at once. You may need to write things down that you don’t want to forget or feelings that you want to process. Journaling can help you be your best self by allowing you time to process your thoughts and feelings. Journaling is also a great tool for looking back to see how far you’ve come, to see what you did that worked, and what you did that might not have worked so well.

This brings us back to **BREATHE**. While it may not feel like it right now, **YOU ARE GOING TO BE OKAY**.

If you’d like to schedule a free 30-minute conversation about what a divorce coach does, what it is you may need in terms of help, and how to get started with me — [Please visit here](#).



Bambi is a Counselor-turned-Coach, Certified Divorce Specialist, Certified Transformational Life Coach specializing in alternative dispute resolution. I've worked with divorcing individuals for over two decades, walking alongside them through the divorce process. My empathy, kindness, knowledge, and no-nonsense approach has been praised by my clients as the help they needed to get through to the other side.