



#1 Handle your friends and family with style

Although your friends and family are an important part of your life, you may find that they're ill equipped to support you through your loss... →

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#2 The Ex-Factor

If you are just getting divorced and still feeling raw from your break up, minimise contact with your ex, particularly during the first 15-21 days... →

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#3 Help your kids

To ensure that you're ready and able to support your children through the trauma of divorce, or get back to managing your team at work or leading a project again, help yourself first... →

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#4 Handle work like a pro

Keeping your career on track while coping with a divorce is like juggling eggs: you have to remain focused to continue performing, and falling apart is not an option... →

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#5 Don't 'check-out'

Be brave enough to 'feel' your emotions, don't just try and bury them. It doesn't work and that just leads to longer lasting pain. This approach can lead to emotional scars that will never ever heal... →

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#6 Falling in love again

Relax. Focus first on healing and being happy within yourself before you start focusing on finding THE ONE (or the replacement)... →

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#7 Eat right

I know it sounds crazy but your diet is making you behave erratically. Your Amygdala (the part of the brain that decides fight or flight) goes a bit crazy when it's overstimulated. A good diet helps control this... →

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#8 Stop believing time will heal

If you only learn 1 thing from these Top 10 Tips – then get this. Time does NOT heal wounds. It never has, it never will. At most it dulls the pain. Like any physical injury treatment (not neglect) is required... →

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#9 Process first, move-on second

Ensure you process your divorce or your next relationship could be a disaster. False Healing is damaging to yourself, and leads to life-long detrimental cycles that are hard to brake... →

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#10 Truth is essential, but painful

Recognising and accepting that 'you' had some role in the failure of your marriage will be the hardest, and most liberating part of your recovery... →

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