

BREAKUP WELLBEING CHECKLIST



Your weekly check-in

EMOTIONAL WELLBEING

- Acknowledge your feelings
- Seek support from friends/family
- Journal
- Start setting boundaries
- Deep breathing exercises
- Reflect on what you have learned
- Be patient with yourself
- Do something small you enjoy
- Treat yourself with kindness

MENTAL WELLBEING

- Practice mindfulness/meditation
- Avoid negative inputs
- Set small, achievable goals
- Forgive yourself if things don't go to plan.
- Label your feelings to validate them
- Write a list of hobbies you might enjoy
- Seek support from a GP, coach, counsellor or therapist if needed
- Talk about something good that's happened
- Join a support group

PHYSICAL WELLBEING

- Take part in a physical activity
- Eat regular, balanced meals
- Practice relaxation techniques
- Get plenty of sleep
- Avoid unhealthy coping mechanisms
- Create a routine
- See your doctor if needed
- Drink plenty of water
- So something that makes you feel good

PERSONAL GROWTH

- Learn something new
- Reflect on how far you've come
- Read
- Identify areas of your life you'd like to improve

RELAXATION & FUN

- Be around people who make you laugh
- Pamper yourself

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