

## ROMANTIC RELATIONSHIPS

# How do I get over a breakup?

KEY WORDS

self-reflection | self-care | healing | ex | boundaries



No matter the length of the relationship, breakups can stir up a rollercoaster of emotions. Understanding how to cope is a crucial part of the journey, so here's some advice on how to emerge stronger on the other side.

First off, allow yourself the time and space to **experience and process each emotion**. Cry if you need to, talk it out with friends, or even jot down your thoughts in a journal. Bottling up emotions is like trying to contain a volcano—it's bound to erupt at some point. To learn more about the emotions that can come up in different stages of healing after a breakup, check out our infographic here.

In the same vein, use this process to **self-reflect**. Ask yourself: “What did this relationship teach me? What do I want in a future partner?” This breakup can be a chance to grow and learn more about yourself.



Next up, dive into **self-care and exploring your likes and dislikes!** Try out a new hobby or get back to an old one, and stream a cool show you've heard about. Staying busy with activities and healthy distractions helps redirect your mind and gives you a break from breakup thoughts. This is the perfect moment to **focus on YOU** - sleep well, eat properly, and exercise to get those happy hormones up, like endorphins. **Self-care maintains your mental and emotional well-being** and helps overpower negative thoughts.

Let's discuss **boundaries**. Setting boundaries, especially on social media, is like giving your heart a much-needed shield. As helpful as it can be for creating and nurturing connections, social media can also stir up feelings of jealousy, anger, inadequacy, and loneliness, especially when seeing updates from your ex. Consider unfollowing or muting them—it's not about being mean, but about **giving yourself the space to heal** without unnecessary distractions.



Your **support system** in this period is crucial. Lean on your friends and family by letting them know what you need, whether that's just a listening ear, practical advice or a distraction. **Seeking support is a sign of strength**, so consider even speaking to a professional if you feel overwhelmed.

And when you're ready, **dip your toes into new connections**. Moving forward doesn't mean rushing into another relationship, but rather meeting new people and expanding your social circle to help you have fun and go on a journey of self-discovery.

Healing doesn't happen overnight and everyone copes differently. Remember that you're not alone, and brighter days are ahead.



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