

Dealing with Separation and Divorce

Our Vision

At PRIMEXL we aim to be the partner of choice in the creation of better organisations and better lives.

Our Values

We value:

- **Meaningful relationships**
- **Premium quality services**
- **Innovation** – we are always looking for ways to add more value to our clients
- **Accountability for our performance**

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Separation and divorce can be one of life's most stressful experiences. It can also be a time of creating new relationship(s) with yourself and others, as well as a time for learning and growing. Understanding the emotional and physical stresses that often come with separation and divorce is the first step in learning how to deal with them. When you accept your feelings and learn ways to care for yourself during this stressful time, you'll find that you not only can cope with the separation, you can survive and even thrive.

Separating from someone you had hoped would be with you for your entire life partner is usually painful. You might feel like you have failed in some way. You miss the warmth, friendship, financial security and intimacy that you had or hoped that you would have. There is a sense that all you knew and dreamed about has been 'shattered' including what you thought your future would be or event he next week.

Loneliness may prevail with a fear that you may never be with someone else again. Often people feel that the 'rug has been taken from beneath them' and that they can not trust anything or anyone again, let alone their own judgements. Sometimes there is a sense that no longer do you know what you like or need and you may feel incapable of making appropriate decisions.

Some people grieve during the relationship and may feel a sense of relief that the turmoil is over and a decision made. Despite this there may be considerable emotional stress at the time of the separation and then at the final stage of divorce proceedings.

Separation is especially painful if most of those around you are 'happily' married, or if you get little support from your own family. Often you fear that you will lose friendships or can't face friends that were part of your life as a couple. You may worry about what friends, family and possibly workmates may say.

Often you may find that the very people you thought would be supportive are the ones who find it difficult to understand or who make judgements about separation. This may precipitate the loss of other relationships. However, generally you will find people – other friends, family members, work mates, acquaintances, or counsellors who will support you through this emotionally demanding time.

You may not be able to change your situation, but you can stay healthy through the transition if you take care of yourself. Strategies which may help include:

- Recognising your feelings. It's normal to feel lonely, frustrated or even hopeless. Try to find ways to release your feelings through talking to others or even pounding on your bed to release your feelings.
- Reach out to others. Friends, relatives, support groups and counsellors all can support you. A hug, phone call, or letter can mean a great deal.
- Try a new activity or hobby – maybe something you have always wanted to do. It will keep your mind off your problems and help you to meet new people.
- Treat your body well. Cut down on alcohol and smoking. Eat healthy, tasty food. Take long baths and get exercise you enjoy.
- Make a list of positives no matter how small they might seem i.e. you can eat what you want and when, there is less tension at home, you can watch what you want on television.
- Focus on learning what you need in your life to make you feel happy. Think back to a time before your relationship – what kinds of things did you do that made you feel good? Try to adapt these things into your life now.
- Take a new look at your opinions of things. Do you really enjoy the music you listen to – or is that borne out of habit and your former partners like? Explore your own feelings and needs
- Spend time getting to know yourself and how to enjoy your own company. There is a difference between loneliness and enjoying the solitude of being alone.

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