

# How to recover from a relationship breakup

When a relationship ends, it's natural to experience pain and emotional turmoil. However, if you can't find a way out of the cycle of emotional hurt, there are some steps you can take to get your life back on track

- Allow yourself time to express your emotions
- Talk to friends, relatives and anyone who will offer support
- Don't blame yourself if you feel you're reacting badly
- Drowning your sorrows will only feel worse.
- Nourish yourself with good food and create new positive routines
- Keep busy, don't spend too much time on your own
- Set some new goals for the future and commit to your plan.
- Change your routine, join classes to meet new people
- Don't rush to find a replacement. Take time to recover first.
- Do some fun activities, see a funny film, find healthy distractions
- Write down your feelings so as to distance yourself from them
- Think positively. There is someone special out there for you.
- Take responsibility for your part on the relationship break up
- Consider seeking professional help if recovery is prolonged.