

The Breakup Bitch Monthly

Issue 1, 27 September 2010

Caring For Yourself

*It is in our idleness, in our dreams,
that the submerged truth sometimes
comes to the top.*

Virginia Woolf



The time after your breakup can be hard. As we struggle to come to terms with our new single identity, we also have to keep up our jobs, relationships with our family and friends and other responsibilities. The day-to-day work of keeping up our lives can seem overwhelming when you are dealing with the grief of the ending of your relationship.

So today's issue of *The Breakup Bitch Monthly*, we are dedicating it to looking at **ways to care for yourself**, specifically by taking some time out. If you are finding it hard to cope – you are normal and it is time to embrace, rather than fight your need for time out.

The Stress of a Breakup

Divorce and marital separation are rated as **the most stressful events we face in life**, after the death of a spouse – and the end of any serious relationship is high stress. And then there are all the other changes we face at the same time:

- our living conditions or moving house
- our financial situation
- possibly change in our physical or mental health

Even a change in the amount of arguments we have, adds to our stress.

It is also easy after going through a big life-change, to want to fill your time with being busy. It seems preferable to be exhausted than sad. But in the long run this will not help you to get over your ex and find your new life. So it's time to take some time out, and focus on you.

We can't be superwomen all of the time. This is a time in your life to be kind to yourself - when taking some time for yourself, when saying 'no' to extra responsibilities, when spending time to find some joy in your life, are all good things to do.

Find out more about [Sarah Horth and The Breakup Bitch](#).



Get support and get moving -
get over your breakup faster with
The Smart Woman's Breakup
Over 100 women interviewed,
Proven techniques from the experts,
and the latest research.

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Planning a Solo Date



In the book, [**Getting Past Your Breakup**](#), the author Susan J Elliott recommends that all newly single gals out there, plan a date night (or morning) every week. That means spending one night alone with yourself to help you get through the stages of breaking up.

Other writers have recommended this as well – in [**The Artist's Way**](#), author Julia Cameron recommends

planning one 'Artist's Date' a week, where you go on a date with yourself somewhere that will stimulate your creativity (it might be a gallery, a fleamarket, anywhere interesting and a little different). She believes that most of us don't take time out to just experience- usually we are with friends and chatting, so we don't notice the small stuff. Or we are busy with responsibilities, so we don't take care of ourselves and our creativity.

Elliott recommends switching off all outside communication (yes that includes Facebook and Twitter for the addicts) – those of you with kids, take it after they go to bed, before they get up, or when they are visiting Grandma.

She explains:

There is tremendous payoff to learning to spend time doing good things for yourself. Not only will it make you feel better, but you will

attract other positive people who know that self-care is a priority.

It is an easy thing to put off – you will be surprised how difficult it can be to commit to time on your own. You'll say 'I'll do it today,' and then something will come up and somehow it is more pressing than your solo date. Be aware that this might happen and stick with your commitment.

For me personally there is nothing I like more than going to a movie on my own. There is something so indulgent about it – especially if I can manage it in the daytime. My other top choice is the hot springs - if I am living in a city close to hot springs, it is another wonderful relaxing escape.

I would love to hear your ideas for taking time out – make sure you [post your comments here.](#)

Solo Date Ideas

So what can you do? If you just want to do something special for you:

- Take a bath
- Read a novel
- Go out for a bike ride
- Go shopping
- Get your nails done
- Sit in a café and people-watch
- Try a new recipe



- Go for a morning walk – can you include it easily into your routine: walk to the train station, or get off your bus a couple of stops early?

Or if you want to get your **creative juices flowing**:

- Go to a gallery
- Wander around a junk shop
- Visit a small local museum
- Explore a haberdashery shop
- Borrow some CDs of artists you've never heard of from the library
- Walk a nature trail and take photos

If you want some more ideas about what are some things you can do after breaking up, check out [my list of 50 to try.](#)

*That's what I like about disappointment:
the way it slows you down,
when the querulous insistent chatter
of desire*

goes dead calm.

'Disappointment' Tony Hoagland

Theresa Slows Down

In [*The Smart Woman's Breakup Book*](#), I interviewed Theresa who threw herself into being busy with her children, her home and her garden after the mutual breakup with her husband. She explained:

I couldn't face an empty house. Mom kept saying I needed to slow down and take some time out, but I thought that if I stopped, I might never be able to get up again. I might not stop crying.

She didn't know how to handle the stress - when she was younger, she would deal with it by drinking and partying, but that was impossible now as she had two young children. Instead she was planting and painting like a madwoman.

Luckily rather than completely breaking down, she naturally started going on lone walks after she dropped the kids off at daycare.

I walked and thought. Walked and cried. Sometimes I walked and was just numb or walked and had these huge mad conversations with John in my head - sometimes out loud. I must have looked like a crazy woman muttering to myself. It worked - it still does work as I make sure I get some good walks in every week. We're going through the property settlement and divorce so I still need it.

When I recently talked to Theresa, she was feeling a lot better. She got through her divorce and although

she hadn't started dating again, she was feeling happy about being single. She still walks, occasionally talking to herself. She calls it 'my time' and credits it with keeping her sane the past year.

About *The Breakup*

Bitch

The Breakup Bitch is a hub of information about breaking up that has one objective: **to support you getting over your breakup faster to find your new independence.** We focus all our research, writing and exercises on uncovering how you can get over your breakup fast and well.

We pull together both **proven techniques and inspiration** to get you through the breakup process from interviews, true breakup stories, and expert advice - and we publish the results (at no charge) in *The Breakup Bitch* blog and more in-depth in the monthly issues of *The Breakup Bitch Monthly* e-zine ([subscribe](#) here).

You can **get supported help** as well with our ***Smart Woman's Breakup Program***, which includes:

- A 200-page breakup book with advice and proven techniques based on over 100 interviews, current academic research and the advice from experts
- A supporting printable workbook
- Daily email coaching

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