
How to recover from a break-up

In no particular order - here is a 40 point guide to recovering from a break-up.

1. Call in your allies
2. Give yourself time
3. Grieve
4. Exercise
5. Plan something every day
6. Focus on what is right in your life
7. Get a new hobby
8. Plan a trip
9. Make new friends who don't know your relationship history
10. Reinvent yourself. Who do you want to be?
11. Visualise yourself healed and completely over him/her, living a full life
12. Draw yourself already healed
13. Take him/her off your Facebook, Instagram, Twitter account.
14. Make a pact with a friend not to stalk him/her - and have a planned reward.
15. Cry. A lot. It's OK.
16. List all the rotten things about him/her.
17. Surround yourself with good friends
18. Learn a new skill
19. Write a letter to them. Don't send it. Burn it.
20. Draw.
21. Remember there is nothing wrong with you
22. Get therapy
23. Create a new challenge (marathon, Iron Man, 25 push-ups, get published)
24. Find someone that does want you
25. Don't drink
26. Eat well.
27. Nourish, nourish, nourish.
28. See the bigger picture
29. What would you do for or say to a friend? Do those things
30. Give yourself a super power - eg Helen the healer, Chris the Crusader based on the strengths you want for yourself
31. Avoid your kryptonite (ie things that make healing slow)
32. Invent a distraction everytime you think of them (star jumps, a glass of water, sit-ups)
33. Join a group
34. Make an outrageous goal
35. Dress up and get out
36. Smile even though you don't feel like it
37. Allow 30 minutes under the bed covers during the day. Set an alarm
38. Create something fun (throw a dress up party for your friends, put on a high tea)
39. Make someone else happy
40. Donate time / money to a good cause