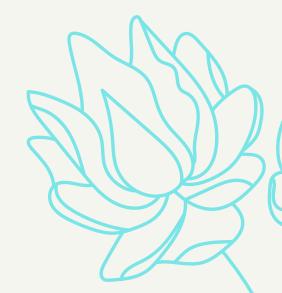
## How to recover from a

## 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)

One Life

A LIFE WORTH LIVING

39. Make someone else happy

40.Donate time / money to a good cause