

# *Beat the Break-up Mini First Aid Kit*

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*Well Done  
You!*

YOU'VE TAKEN THE FIRST STEP TO KICKING THIS BREAK-UP  
IN THE BUTT

Welcome to your *Beat the Break-up Mini First Aid Kit* and **WELL DONE** reaching out and getting some extra support during this super challenging time.

It's time to call in the various reinforcements you have at your disposal, and now, I am one of them! Because of my own experience with deeply painful break-ups I am keenly aware of how complicated the next couple of months can be. This is why I became a break-up coach and why I've created this first aid kit.

Inside you will find a list of quotes that I find particularly helpful for coping with the loss of a romantic relationship, my top tips for handling the first few weeks, and affirmations that I recommend you use daily for the next month or so. I hope that you find these resources helpful and welcome you to drop me a line or let me know over on my blog.

Remember, you've got this.  
And I've got your back.

*Janice*

# 10 Empowering Break-up Quotes

1. New beginnings are often disguised as painful endings.
2. “Accept what is, let go of what was, and have faith in what will be.” ~Sonia Ricotti
3. “We must be willing to get rid of the life we’ve planned, so as to have the life that is waiting for us. The old skin has to be shed before the new one can come.” ~Joseph Campbell
4. “Change your life today. Don’t gamble on the future, act now, without delay.” ~Simone de Beauvoir
5. “Recreate your life, always, always. Remove the stones. Plant rose bushes and make sweets. Begin again.” ~Cora Carolina
6. “Sometimes good things fall apart so better things can fall together.” ~Marilyn Monroe
7. “Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward.” ~C.S. Lewis
8. This is the part where you find out who you are.
9. “Cry. Forgive. Learn. Move on. Let your tears water the seeds of your future happiness.” ~Steve Maraboli
10. “Celebrate endings, for they precede new beginnings.” ~Jonathan Lockwood Huie

# 8 Tips For Getting Through the Initial Weeks of Your Break-up

## 1 COMMIT TO A PERIOD OF NO CONTACT WITH YOUR EX

This is one of the hardest but one of the most important steps to take when committing to your success during this difficult time. Any healing that is going to come is going to come from within, not from drunken texts or painful conversations with your ex. There are many different opinions about how long is the “right” amount of time to commit to no-contact. My suggestion is at least 60 days, if not 90.

## 2 CLEAR OUT YOUR PHYSICAL SPACE

Get out a box, a trash bag, a fire pit, or all of the above and get rid of anything in your living area that reminds you of your ex. Do it now. Not only can this be very therapeutic, it’s going to help you in every other aspect of the break-up journey. You are going to be much less likely to say, make the late-night text, if you’re not looking at last year’s Christmas cards from their family members, wearing jewelry he/she gave you, or walking past the photos of your favorite vacation together.

## 3 SAY NO TO SOCIAL MEDIA AND SAY IT AGAIN

A patient walks into her doctor’s office and complains; “Doctor, it hurts when I do this!” The doctor replies; “Simple treatment. Stop doing it.” This is how I look at social media in the wake of a separation from a partner. Whether you’re looking through their photos and obsessing about anything from how they MUST be trying to make you jealous to the unidentified new person in the background, or passive aggressively posting in the hopes of sending them some message (directly or through the mutual friend grapevine), nothing good can come out of using social media right now. Turn off your notifications, delete the apps for a few weeks, and focus on the task at hand.

## 4 WALK IT OUT

Both movement and being outdoors are incredibly therapeutic during times of stress and grief, so getting on your feet for some nice walks outside is something I recommend to anyone going through a break-up. Put on a juicy true crime podcast and zone out while taking in some much-needed fresh air.



## 5 FIND SOMEONE IN ADDITION TO YOUR FRIENDS TO TALK TO

If you have friends close to you who give you a shoulder to cry on right now, by all means, keep them close! In fact, after the first week or two of your break-up you may want to reserve your precious time with them for movie nights or beach days, rather than more venting about your former relationship and your jerk ex. It also helps to get a fresh perspective on things, so I highly recommend making sure that you speak to an online counselor, a coach, a therapist, a helpline, or a mentor if you are still needing to talk things out after the first 2-3 weeks of your break-up.

## 6 FOCUS ON MINDFULNESS


In the weeks and months after your break-up you may notice that you feel distracted, that your performance at work suffers, and yup, that you are going crazy. These are normal effects of stress on the brain and body. Mindfulness techniques can help you get on track and are a very good cure for the racing thoughts that often follow the breakdown of a romantic relationship. Resources abound to help you get into the practice of focusing on 'the NOW'. With a bit of dedication you'll find yourself ruminating on the stress a lot less.

## 7 FOCUS ON YOUR HOBBIES

Now is the time to sign up for that online course, enroll in that African dance class, finish the DIY projects in your closet, redecorate your room, and pick back up the pastimes that you were once passionate about. Not only do hobbies make you a more interesting person, they give you the opportunity to get out of your head and do something that you will feel proud. Head to your nearest Pinterest site for inspiration if necessary (not knowing what you want to do is not an excuse!).

## 8 GIVE YOURSELF A CERTAIN AMOUNT OF TIME TO GRIEVE AS MUCH AS YOU WANT OR NEED TO

When you cry, the body releases various toxins and a bunch of stress. It is a powerful aspect of processing losing someone you love and in the grieving journey. Unfortunately our society doesn't offer a lot of safe space for people to let it all out after break-ups, and many people try to hold back their most instinctual reactions to what has just taken place. The result is a lot of unreleased pain that manifests itself in our future relationships. It is okay to sink into the depths of despair and get really messy right now and don't let anyone else tell you otherwise. While you may want to cry in private, please give yourself the opportunity to release all of the emotions that are churning within you right now. You'll probably find that you'll come out even better on the other side.



## *Daily Affirmations for Your Break-up*

Today I am becoming a better person with more to give.

I am better off being single than in a relationship that was unhealthy or not working.

Today I will remind myself that I am incredible and deserve great things.

Today I will make a firm decision to walk away from what doesn't serve me and towards the things that do.


I believe in my skills and ability.

Today I will focus on what is working and what to do next.

I have everything I need to start to move on.

Today I will take time and care for my body, soul, and future.

This hurts, but losing someone who doesn't respect and appreciate me is actually a gain, not a loss.



*"There comes a day when  
you realize turning the  
page is the best feeling in  
the world — because you  
realise there's so much  
more to the book than the  
page you were stuck on."  
-Zayn Malik*

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