



Tips from the **Divorce Support Club**

Preparing for Christmas
and the Holidays.

1 Acknowledge how you feel

The emotions involved in a divorce can be intense and overwhelming.



Feelings can be **intense** and **overwhelming**, especially when faced with divorce. Left unchecked, they can wield power over us and prompt us to act in ways we normally wouldn't. If we acknowledge them and let them pass, that power is taken away.

Imagine your **emotions** as **waves**. When you feel an emotion rise up, instead of trying to push through it or go around it, ride the wave to the shore. See that emotion out, knowing that it won't last. Imagine surfing the wave until you arrive at the beach, where you can rest knowing the feeling has passed.

2 Plan ahead

Certainty really matters, it is always better to have clarity than to be worrying about something because you don't know what it's going to look like.

Planning ahead for Christmas is the perfect opportunity to have important conversations with your solicitor to discuss matters like children. Another way you can plan ahead is to put a proposal forward to your ex-partner:

-  How might you split the time of Christmas between you?
-  What will you buy your children?

3 What **won't** I miss?

Another helpful tip is to reframe how you feel about Christmas. Ask yourself:

- If there was one good thing about this situation, what would it be?
- If there is one thing that I'm not going to miss this year, what would it be?
- Perhaps it is that you will no longer have to put up with your father-in-law who drinks too much.
- Perhaps there was always something that your ex used to do at Christmas that you are glad you won't have deal with anymore.

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