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Tips from the
**Divorce Support
Club**

Dressing with Confidence

1 Colours and comfort

The colour of your clothes can offer comfort and the items you choose to wear impact your mood. If you wake up in a bad mood, don't put on your oldest tracksuit. Put on something that you love, and there will be an instant shift in your mood.



Everyone will be different, but as a general rule if you're trying to create a certain feeling, here are some examples:

If you are anxious, wear blue and green. They're easy on the eye and calming.

If you want to practice self love and lower your stress, wear pink and lilacs. This brings the focus back on you.

If you want to feel powerful, red and navy are known as the power colours.

2 Nothing **fits** me anymore

A lot of people lose weight during stressful times such as divorce, what should you do if nothing fits you anymore?

- Pick a colour palette
- Put together a small capsule wardrobe. Pick a few key pieces that go with each other
- If you shop smartly, you can create hundreds of different outfits with only 15 items of clothing
- Contact [Becky Barnes](#), our guest speaker from this months session



3 Dressing during divorce

Maybe you're anxious about what to wear to court, or maybe you just feel lost. Decide what you want to feel, and then think about what you've got that makes you feel that way.



Dressing is something you do for yourself, it doesn't have to be something everyone can see.

A power amulet is something you can reach for to give you an instant boost, this could be a specific necklace, a certain pair of heels, a ribbon sewn to the inside of your skirt or t-shirt. Anything to give you the feeling that you need.

Find things that remind you of you, or how you want to feel. Maybe that's an outfit you wore a few years ago in a time when you were at your happiest.

4 The legal aspect

A common question when going through divorce is should I stop spending money on clothes for the time being? Will I be scrutinised for spending money on clothes?

- There is a time when you will have to log your income needs schedule. Clothes should be included in this, so it's important not to change your habits.
- What were you spending before your divorce? Try not to change this by too much or too little.
- As previously mentioned your whole wardrobe may change, and that's okay, as long as you don't make any drastic changes to your spending.



5 Dressing **after** divorce

This is your chance to have a fresh start, why not start by detoxing your wardrobe? Decide who you want to be.



You can do it all at once, or break it up into sections e.g. today I will do my shoes, tomorrow I will do my tops.

If you have any clothes that have emotional ties to your ex partner you can either get rid of the item, or restyle it. Change it up so that it has that fresh feel.

Don't throw things away too quickly. Put it in a box and give yourself a 'use by' date (6 months, 18 months etc.) if you haven't reached for it by that date, throw it away.