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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



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