



# Tips from the **Divorce Support Club**

Mind, body and the law

# 1 Techniques for **grounding** yourself

Whether you're feeling anxious, overwhelmed, upset or angry, the following techniques are known ways to ground yourself.



**Box breathing:** 4 seconds in, 4 seconds hold, 4 seconds out, 4 seconds hold. This resets your whole nervous system.

**Post-it notes:** Practice gratitude by writing down 3 things that you're grateful for each evening on a post-it note. This stops your brain from focusing on the negatives and instead forces you to focus on the positives, no matter how small they might be.

**Question yourself:** If you don't know where your feelings are coming from ask yourself what has been happening/what's coming up. This allows you to focus your feelings on where they're coming from, once you know you can move on to other grounding techniques such as above.

## 2 Recognise your anxiety

Recognising your anxieties helps not just you, but those around you. You may not think it, but the people around you more often than not want to hear what's worrying you, so that they can help and reassure you.

- If you're anxious about (for example) an appointment with your solicitor or a court date coming up, talk openly to your solicitor.
- They want to know. They may be there to help you with the legal side of things, but they want to know your worries so that they can help you, or point you in the right direction if they can't.



## 3 I am vs I feel

You may feel lonely, but you're not alone. When you go through a divorce you're losing one of the people closest to you, of course you're going to feel like you're alone.



It's normal to feel lonely, but it's important to recognise and to remind yourself that you're not actually alone.

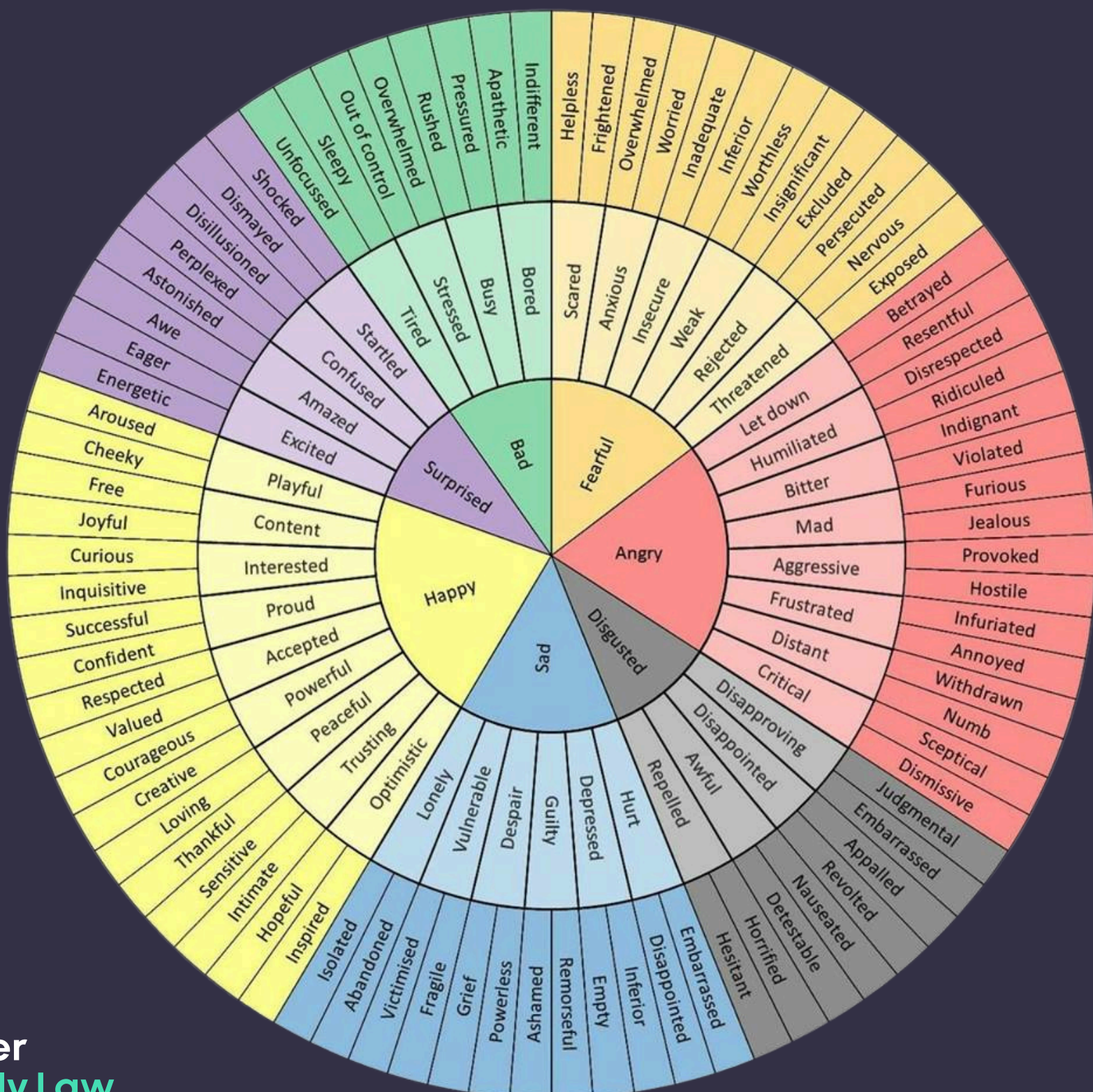
You have a support network - friends, family, colleagues. They all care and want to support you.

Changing "I am" to "I feel" when describing and thinking about your feelings is very powerful.

"I am not alone, I just feel alone".

# 4 What am I **actually** feeling?

Sometimes we can't immediately recognise what we're feeling. The emotion wheel is designed to help you identify your feelings.



# 5 What would you tell your friend?

We're often harsher on ourselves than we are on our friends, or even strangers. We need to treat ourselves with the kindness that we offer others.



Speak to yourself as though you're speaking to your friend and they're going through the same situation.

You wouldn't be so harsh on them, you'd likely tell them that it's going to be okay and offer advice which would be meaningful and helpful.

It's important to be kind to ourselves, even when we're struggling to do so.

# 6 How the mind and body connect - an example

A woman has gone through a domestic violence situation, her and her ex partner were members of the same gym. He has now been banned, but she is always on edge when she goes to the gym. She is constantly on the edge of fight or flight.

One day her personal trainer was going through different exercises with her and they got to one that uses a lot of the muscles in the body.

This was a particularly bad day for her, she was incredibly anxious and for the first 10 minutes she couldn't feel where the exercise was working.

But, by the end of the session, she was focused and could feel the exercise where she should, she was then focused for the rest of the session.

Your body links to your mind. It almost works as a distraction, distracting and resetting your nervous system.



# Contact Matt for Mindset Coaching

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“Guiding and **Supporting** you through adversity with mindset coaching, emotional resilience, and personal empowerment - helping you move forward with **clarity** and **confidence**.”