



# 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.



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