

Coping with relationship breakdown

In the early days after a break up, both partners may experience a range of emotions as you come to terms with the fact you are no longer a couple. These may include feeling sad, angry, frustrated, anxious or relieved. There is no right or wrong way to feel and you may feel mixed emotions. The end of a relationship may bring a sense of loss and disappointment. There is also often a fear of the unknown and uncertainty.

Tips for dealing with emotions:-

- Recognise the emotions you are feeling and that you may not be at your best. It is ok to feel this way and don't be too hard on yourself – give yourself permission to work through these feelings.
- Set up support networks amongst family, friends, GP, a member of the clergy or support groups.
- Talking through your feelings may help to give the clarity to move on.
- Although it may be hard to let go of the future you held within your past relationship, try to focus on your new future. This may include looking for new opportunities for friendships, hobbies and interest.

From a legal perspective, marriage, civil partnership and living together all have different legal implications. Financially it can take a long time to settle arrangements. If arrangements are in joint names, you may find you have joint liability and a duty to support each other until the divorce is final.

It is important to find out the details of your own situation from a trusted source e.g. direct gov, citizens advice. Details of these organisations can be found at the end of this sheet.

When children are involved in relationship breakdowns, they can feel guilt, grief and divided loyalties. It is important to keep a routine going and avoid involving children in any conflict between the two adults. Explain what is happening and allow them to express their feelings.

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Support

www.gov.uk/browse/births-deaths-marriages/marriage-divorce

Information on ending relationships and care of children

www.adviceguide.org.uk/england/relationships_e.htm Citizens advice centre guide.

Tel: - 08454 040506

www.familylives.org.uk Support on all aspects of family life. Tel: - 0808 800 2222

www.nfm.org.uk Family mediation service to help reach joint decisions on childcare, finances and property.

www.gingerbread.org.uk Advice and information for single parents including separation, divorce and financial guidance. Tel: - 0808 802 0925

www.legalservices.gov.uk advice on legal aid. Tel: - 0845 345 4345

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