



## EMPLOYEE SERIES

### Tips for managing separation and divorce

- Emotional and physical response.** Whilst the primary reaction is emotional, your body can react to the increased stress you are experiencing, e.g., headaches, restless sleep, loss of appetite, lack of concentration, etc.
- Flood of feeling.** You may experience a range of confusing and painful emotions and this may be for both partners. This can include anger, resentment, despair, relief, grief, fear, sadness, shame, etc.
- Individual experience.** People move through separation and divorce at different speeds. Whilst it may feel that one party is moving forward, this does not mean that they are not impacted by the ending of the relationship.
- Be informed.** It is important to seek information from organisations that can offer assistance such as Centrelink, Child Support Services, legal advice, the Family Court website etc.
- Now what?** What sort of relationship do you want to have with your ex-partner? You may need to have an ongoing relationship with your ex-partner due to children, business, financial commitments etc. and so negotiating what that relationship will look like and how communication will take place will be useful.
- Communicating.** Remaining calm, respectful and using effective communication will assist you both throughout this process.
- Slow down.** You will be making important decisions that need careful consideration and you may be responding with your emotions if you react too quickly. You need time to process what is being requested, how this will impact on you, your children, and your future.
- Consider your options.** Reach an agreement between yourselves; Attend for mediation - you can discuss your needs and concerns with a Family Dispute Resolution Practitioner. Moving straight to court proceedings will cost you in time, money and often cause additional stress.
- Self-care.** Separation and divorce can have a significant impact on us emotionally, physically, mentally and financially. Taking care of yourself will help as you navigate through this stressful and emotional time. Rest, eat healthily, reduce alcohol consumption, and exercise are some core self-care options.
- Share.** Talk to someone who is a good listener. This can be a friend, colleague or family member, but it might also be a counsellor.

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website [www.accesswellbeingservices.com.au](http://www.accesswellbeingservices.com.au)