

Managing Separation and Divorce

Separation and divorce can be emotionally and physically challenging. It's normal to experience a mix of emotions and uncertainty about the future. Here are some practical tips to help you navigate this transition.



Understanding Your Reactions

- **Emotional and Physical Response:** Stress can take a toll on both your mind and body. You may experience headaches, restless sleep, loss of appetite, or difficulty concentrating.
- **Flood of Feelings:** A range of emotions—anger, resentment, grief, relief, fear, sadness—can surface for both partners, often in unpredictable waves.
- **Individual Experience:** Everyone processes separation differently. Even if one person seems to be moving forward, it doesn't mean they are unaffected.

Taking Practical Steps

- **Be Informed:** Seek guidance from trusted sources like Centrelink, Child Support Services, legal advisors, or the Family Court website.
- **Now What?** Consider the type of relationship you want with your ex-partner, especially if you share children, financial commitments, or business interests. Establishing clear communication can help manage ongoing interactions.
- **Communicating:** Remaining calm, respectful, and using effective communication strategies can ease tension and support a smoother process.
- **Slow Down:** Major decisions require careful thought. Take time to process requests and consider how they will impact you, your children, and your future.

Exploring Your Options

- **Consider Your Path Forward:** You might be able to reach an agreement independently, attend mediation with a Family Dispute Resolution Practitioner, or, as a last resort, proceed with court action—which can be costly and stressful.

Looking After Yourself

- **Self-Care Matters:** Emotional, physical, and financial stress can take a toll. Prioritise rest, eat well, limit alcohol, and stay active to support your wellbeing.
- **Share Your Experience:** Talk to someone who listens without judgment. This could be a friend, colleague, family member, or a professional counsellor.

To book an appointment with one of our counsellors, call or scan the QR Code



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