

# Moving on From a Breakup

*What you can do to make it easier on yourself:*

**DON'T TEXT YOUR EX!** It's hard, we know! But every time you contact them whether that be over social media, email, text, or calls, you are rubbing salt in the wound. Do yourself and your ex a favour and don't contact them.

**Make a list of why the relationship was bad for you.** There is a reason (or thirty!) you left the relationship. Write them all down on a piece of paper and keep it for reference. When you feel yourself thinking it "wasn't that bad" and you want to call them after a glass of wine, refer to your list. Reminding yourself of the bad will not make you want to contact them and will make it easier to move on.

**Surround yourself with your closest friends!** When we are in a relationship we can sometimes put our friendships on the back burner. Now that you are single, take this time to reconnect with your inner circle.

**Keep busy!** If you are busy, you won't have time to think about your ex. You probably have some more time on your hands now too, so sign up for that cooking class and get a personal trainer! Give yourself lots to look forward to.

**Pack up all the pictures, memories and gifts in a box and DON'T LOOK AT IT!** No, you can't keep wearing his sweater, it will not help you move on. Pack it all up and put it in the back of your closet

**ABSOLUTELY NO BREAKUP SEX!** This is pretty self-explanatory. It's hard to get over someone while on top of them.

Remember, you are worthy of love and someone that accepts and adores you for who you are!

