12 Healthy Ways To Deal With Loneliness after a Breakup

After a breakup it might be tempting to drown your sorrow in Rocky Road or spend your evenings Facebook-stalking your former sweetheart. Hunny, there are better alternatives for easing your loneliness that do less damage to your waistline and self-esteem.

- [ ] Talk it over. Your friends and family can give you the comfort and encouragement you need. As for what you want whether it's a hug while you cry or a sounding boa
- [ ] Check your contacts. Fill up any empty hours by reaching out to old friends and colleagues. Invite a former coworker out to lunch.
- [ ] Volunteer your services. Patricipate in a charity softball game or fundraiser for something you are passionate about. As a bonus, focusing on others will help you to gfeel happier a
- [ ] Pursue your interests. Find new places to hang out. Join a meetup group or go to a concert where you'll be surrounded by others who share your love for science fiction or French cooking
- [ ] Reach out. Challenge yourself to connect with others. Chat with the waitress at a coffee shop. Tell your neighbor that his lawn looks beautiful.
- [ ] Accept your feelings. You'll probably experience some uncomfortable emotions like anger and jealousy. Facing up to the truth enables you to learn and grow
- [ ] Write it out. If your feelings are intense and conflicted, it may help to keep a journal. Notice any obstacles that tend to keep you isolated. Maybe you feel embar
- [ ] Look for inspiration. Hearbreak is a common condition. Listen to songs that remind you that you are not alone. Pick out role models who have built a happier life after a relations
- [ ] Stay Active. Fight the blues by working out or admiring the beauty of nature.
- [ ] Laugh and Play. It's easier to attratc others when you'fe radiating joy and energy. Participate in activities you love and look for opportunities to brighten someone else's day

- [ ] Live in the moment. Keep in mind that you situation is temporary. Take it one day at a time instead of dwelling on the past or projecting into the future.

- [ ] Pray about it. Your spiritual faith and community can be a source of strength. Contemplate your purpose and what kind of relationships you aer seeking.

Make and Share Free Checklists

checkli.com