

# 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 board

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- ☐ Check your contacts. Fill up any empty hours by reaching out to old friends and colleagues. Invite a former coworker out to lunch.

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- ☐ Volunteer your services. Participate in a charity softball game or fundraiser for something you are passionate about. As a bonus, focusing on others will help you to feel happier

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- ☐ 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

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- ☐ Reach out. Challenge yourself to connect with others. Chat with the waitress at a coffee shop. Tell your neighbor that his lawn looks beautiful.

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- ☐ 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

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- ☐ 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 embarrassed

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- ☐ Look for inspiration. Heartbreak 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 relationship

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- ☐ Stay Active. Fight the blues by working out or admiring the beauty of nature.

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- ☐ Laugh and Play. It's easier to attract others when you're radiating joy and energy. Participate in activities you love and look for opportunities to brighten someone else's day

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

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☐ Pray about it. Your spiritual faith and community can be a source of strength. Contemplate your purpose and what kind of relationships you are seeking.

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