



5 Actionable Steps To Coping over Christmas at the end of a long-term relationship.

Tips and help moving forwards after a break-up,
divorce or bereavement.

with Heather Prince

**A BAD BREAKUP OR
BEREAVEMENT CAN BE ONE
OF THE MOST
TRAUMATIC THINGS YOU'LL
EVER GO THROUGH.**

*It's often compared to a life-
threatening illness or a terrible car
accident, leaving you completely
devastated.*

Are you wondering if you'll
ever
recover?



**BE HONEST NOW... DO YOU
RELATE TO THESE STATEMENTS?**

Life seems hopeless

Your life has turned inside out?

*You're questioning whether you'll
ever feel whole, fulfilled and happy
again?*

**IT MAY FEEL LIKE YOU'RE ALL
ALONE IN THIS, BUT THIS WON'T
LAST FOREVER. I PROMISE.**

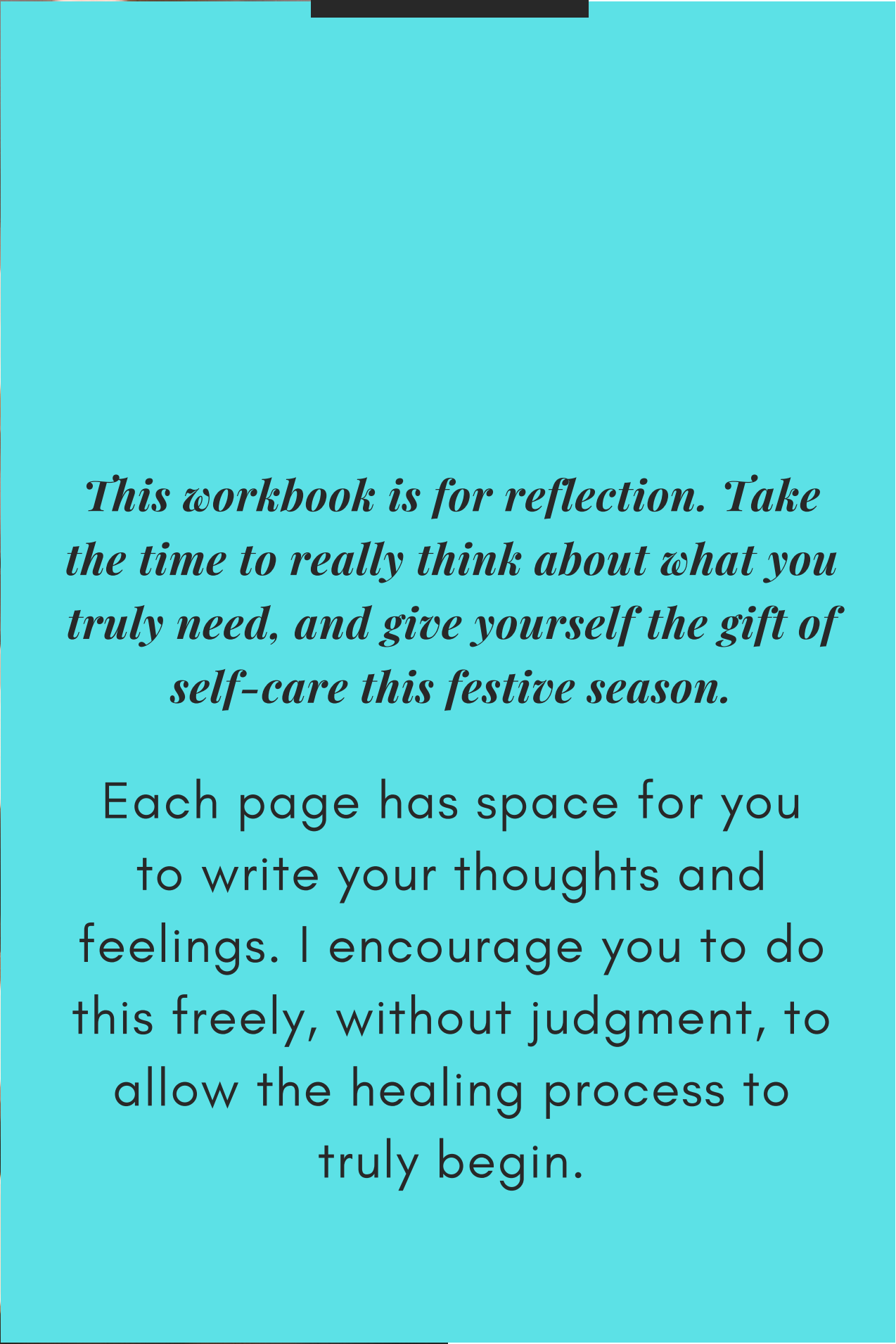


A BAD BREAKUP OR BEREAVEMENT COMPLETELY CHANGES THE FAMILY DYNAMIC.

*Your hopes and dreams for the future
now have to be completely re-evaluated
and I know how utterly paralysing this
can feel.*

So, the real question is . . .

How can you get through Xmas
after the end of a long
relationship?



This workbook is for reflection. Take the time to really think about what you truly need, and give yourself the gift of self-care this festive season.

Each page has space for you to write your thoughts and feelings. I encourage you to do this freely, without judgment, to allow the healing process to truly begin.

HERE ARE MY TOP 5 STEPS:

Step One:

Be Kind to Yourself

Feeling sad is a normal and necessary part of the grieving process after a breakup or bereavement.

Crying and feeling low is part of the healing process and avoiding negative emotions is a sure-fire way for them to come back to haunt you in other ways.

It's ok to cry and release your negative emotions.

WRITE DOWN 3 THINGS YOU CAN DO TO BE KIND TO YOURSELF THIS FESTIVE SEASON

1

2

3

Step Two

Surround yourself with loving and supportive people:

The people you surround yourself with will play a large part in determining how you feel.

Choose to spend quality time with positive people who make you feel good about yourself and your future.

Often, even the most well-meaning friends and family can make you feel worse. Make plans to see the people who make you laugh and feel good being around.

Use this space to really think about the friends and family members who nourish you. Jot down their names and reach out to make plans.

Step Three

Do something different:

The first Christmas season alone is tough. I encourage you to plan ahead and make Christmas Day a special day for you that you will enjoy.

Make some new traditions!

Maybe spend it with other single friends

Or take a trip to visit friends you would not normally get the chance to see.

Perhaps volunteer to do some charity work, which is a great way to put things into perspective

Or go out to a restaurant that the kids would never have sat still for!

Use this space to jot down ideas on how you'd truly like to spend your time this festive season - then make it happen!

Step Four

See things from a different perspective:

Instead of feeling sad about it and seeing Christmas as a negative, why not 'Flip It' and focus on the positives?

Quality "you time" or helping others less fortunate than you is a huge positive outcome from a sad situation.

It may take some practice to find something the bright side, but changing your perspective will have a huge impact on how you feel.

Which negatives can you flip?

Negative view

Positive view

Step Five

Get your sparkle back:

Get your diary out and plan in some activities that you will look forward to.

Make sure you get a good balance between quiet time where you can rest and pamper yourself and also fun times where you are out socialising.

If it feels too challenging to be around people partying, you can always make an excuse and leave early. At least you tried!


Don't be afraid to try new things either. A client of mine tried Cero dancing and found it made her let go of control and dance with men she would never have normally met... and she couldn't hold on to any negativity whilst being swung around!.

Which three activities could you try in the coming months?

1

2

3



So take back control
of your Christmas holidays
by deciding what you want to
do and how you want to
feel.

Plan to create a Christmas
you enjoy and some
incredible magic moments
you will always remember



Heather Prince is an expert break-up coach, working with many people after the end of her own 34-year relationship.

Heather is an author, meditation and soul coach who has developed the Fearlessly Moving Forwards Coaching program providing individuals with the tools, techniques and support they need to cope with divorce, separation or bereavement.

Join other women who are Fearlessly
Moving Forwards after divorce,
separation or bereavement in my
Facebook group

<https://www.facebook.com/groups/Movingforwardfearlessly>

**Ready for a no cost Clarity Conversation, put the link below
into your browser**

<https://www.therootmaster.com/claritycall>

For more information or to book a
one to one consultation with Heather, visit www.therootmaster.co.uk