

# **Self help matters.**

Helping you to find your solutions

## **Relationship Break-up**

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Despite the best intentions, a relationship can end. It might have been brilliant, the best. Or it could have been hell. For whatever reason it just didn't work out. It can be devastating. It can shake us to our very core, feeling like we've lost a part of ourselves. It's heart-breaking. One side often feels more hurt than the other, more wronged and more broken.

It can feel like a bereavement and how we process and work through the pain of a relationship break-up often follows the stages of grief.

There's no denying that the pain we feel is very personal and unique to us. There's always a reason why relationships end but sometimes there doesn't seem to be a rational reason and it can be difficult to make sense of.

## Top Tips

**Nurture.** Sometimes you need a little bit of time to try to make sense of what has happened and to focus on self-nurturing. Be good to yourself and look after yourself.

**Right one.** It can take several attempts to find “the one”, the person you want to spend the rest of your life with. And this can take time, including going through, and ending, several relationships to know what you want or need.

**Is it over?** There will be lots of distressing emotions experienced. But have you really exhausted the opportunities you have in your relationship? Strong relationships often bond because the people in them have experienced tough times together, through good and bad, and have worked through them.

**Forgiveness.** Perhaps there’s a time and place, but you will “move on” more easily if and when you can forgive your partner (or yourself) for the end of the relationship. Sure, you won’t forget, but you can learn to forgive. The act of forgiveness serves as an important healing process.

**Opportunity.** With an ending comes the opportunity of a new beginning. Who’s to say that there isn’t someone better about to come into your life?

**Connection.** You may want to hole up, lock the doors and hide away. But this can disconnect you with the world that can become your lifeline. It can also lead to depression. Keep connected to friends or people who are good for you.

**People-power.** Build your support network with the right people for you.

**Health and fitness.** When you feel down and lethargic, exercise helps. It can pump nature’s own “feel-good” endorphins into you and might enable you to connect with the outside world. Check with your GP before you start exercising.

**Shield.** If you feel bad about yourself, guard against stumbling into negative or destructive behaviours.

**Relationship yoyo.** If you find yourself continually jumping from one relationship to the next, leaving a trail of “ex’s”, stop for a moment and consider what’s going on. Is this what you really want? What are you gaining and at who’s expense? What are you searching for?

**Positive mantra.** Repeat to yourself all the reasons why you know you’re a good person. It’s about looking after yourself and being kind to yourself. As a human being, you expect to be treated with respect and dignity, not because of what you have done but for who you are.

## Resources

### MOODZONE

Boost your mood, cope with stress, anxiety or depression or simply improve your overall emotional wellbeing.



**Opening Hours:** Online

[www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx](http://www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx)

### LIVING LIFE TO THE FULL

Want to know how to feel happier, more confident & worry less right now? Would you like to learn new ways of dealing with what life throws at you?



**Opening Hours:** Online

<https://littf.com/>

### MINDFULNESS FOR STUDENTS

Helping you to stay calm, focused & better manage the pressures of student life.



**Opening Hours:** Online

<http://mindfulnessforstudents.co.uk/>

### UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



[www.abdn.ac.uk/infocenter/support](http://www.abdn.ac.uk/infocenter/support)

### TOGETHER ALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



**Opening Hours:** Online

<https://togetherall.com/en-gb/>

### RELATIONSHIPS SCOTLAND

Scotland's largest provider of relationship counselling



**Opening Hours:** Mon-Fri 09.30-16.30

[www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk)

#### **If you are experiencing a crisis - please contact any of the following**

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - [www.abdn.ac.uk/counselling](http://www.abdn.ac.uk/counselling)