



# What is Important to Remember

## Collaborative Settlement Process

*for Separation & Divorce*

01.

### Shock/Grief

Personal wellness needs are often challenged. One may have trouble sleeping, eating.

Exercise routine is often affected.

Stress levels are heightened-memory is compromised.

#### **What is Important to Remember:**

- a) self-Care: do small things daily to care for yourself (eat something healthy, go for a walk, have a nap);
- b) stay connected: spend time with supportive family and friends;
- c) avoid isolating;
- d) choose friends/family who listen rather than offer their opinion or advice;
- e) seek out 1-2 friends (best not to choose family here) who will be your confidantes (your go-to people);
- f) consider confidentiality, safety, non-judgmental Seek Help/Support: -consider booking an appointment with your healthcare provider(s);
- g) family doctor to help you monitor your physical and mental health (impact of stress on your health warrants attention);
- h) Registered Psychotherapist/Social Worker to help you process your feelings and to help you successfully navigate the emotional journey of separation and divorce.

