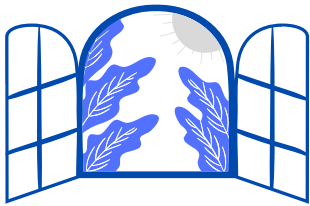


Practicing Self-Care During & After Divorce

Divorce is stressful and emotionally taxing. The end of a relationship is usually difficult, and can take a toll on your mind, body, and spirit. This is a time to engage in self-care – for your own sake, and for your loved ones. Self-care encourages you to maintain a healthy relationship with yourself, which ultimately translates to positive interactions with those around you.

Here are a few ways to incorporate self-care into your life:



Set a routine

Routines boost health, well-being and productivity



Take a walk

Walks boost endorphins and improve your mood



Read a book

Reading reduces stress and can improve sleep



Spend time with friends

Friendship boosts happiness and reduces stress



Get exercise

Exercise reduces mental fatigue and elevates your mood



Practice yoga

Yoga reduces stress and anxiety



Free Initial Consultation
T: 516-773-8300 E: info@lawjaw.com