



MONTA COACHING
BREAKUP AND DIVORCE COACH

5 POWERFUL TIPS TO STAY FOCUSED AND PERFORM THROUGH DIVORCE



1.Looking After Yourself

Going through a divorce or breakup can feel like an emotional rollercoaster. Whether its navigating the pain of loss, managing child arrangements, or dealing with ongoing conflict. It is easy to feel lost, overwhelm, or stuck. **Taking care of yourself** is essential for your overall well-being.

Here are few simple but effective ideas you could try!

- **Establish a Relaxing Routine**

- List a few activities you cherish, including work, meals, exercise, and hobbies.
- Schedule specific times for each activity, ensuring you include ample breaks to rest and recharge.

- **Connect with Loved Ones:**

- Identify friends and family who uplift your spirits.
- Give them a call or arrange a meet-up, whether in person or virtually, to enjoy each other's company and laughter.

- **Practice Mindfulness:**

- Dedicate a few minutes daily - 5 to 10 minutes works wonders!

- **Incorporate Healthy Eating:**

- Plan balanced meals that include a variety of fruits, vegetables, whole grains, and lean proteins.
- Stay hydrated by drinking plenty of water throughout the day.

2. Create Your Break-Up Support Team

Navigating a breakup can be an emotionally and practically challenging experience but who can help?

- **A legal advisor** is essential to understand your rights and obligations, especially if the relationship involved marriage, shared assets, or children. They can guide you through the complexities of legal proceedings and ensure a fair outcome.
- **A financial advisor** can help you reassess your financial situation, manage shared debts, and plan for a secure future, offering peace of mind during this time.
- **Family and friends** provide invaluable emotional support, encouragement, and a sense of belonging, which can alleviate feelings of loneliness and despair.
- **An exercise buddy** helps you maintain physical health, and just gets you out of the house! Remember that physical activity boosts mood and reduces stress.
- Lastly, **a coach** can provide professional guidance to help you process your emotions, develop coping strategies, and rebuild your life post-breakup.

3. Reclaim Your Power

Acknowledge your emotions - don't suppress them. True strength starts with self-awareness. Accept what you feel, but don't allow negativity to take charge.

Create routines that keep you grounded. Move your body, clear your mind through reflection or meditation, and invest time in activities that energize and refocus you.

Surround yourself with people who elevate you - those who offer perspective, encouragement, and balance. Revisit old goals or set new ones that reignite your drive and remind you of your purpose.

Protect your energy. Limiting contact with your ex, even temporarily, allows you the mental space to reset and regain focus.

This is your time to take back control - with clarity, strength, and purpose.

4. Shake Things Up and Do Things Differently

If you keep on doing what you have always done you will get the same results!

The secret is to take a fresh approach to as many areas of your life as possible. Changes doesn't have to be big. You will be surprised at how small changes will make such a huge difference to how you feel.

Some ideas to consider:

- Cooking different types of food
- Choose a different supermarket
- A new haircut
- Wearing a new colour
- Moving the furniture around in your home
- Putting up photos of friends you love

5. Write Your Thoughts and Feelings Down

- **Brings clarity and perspective**

Putting your thoughts on paper helps turn emotional chaos into structured reflection. It allows you to see situations more objectively, identify patterns, and make decisions based on clarity rather than reaction.

- **Reduces mental overload**

Writing is a proven way to release tension. It clears your mind of repetitive thoughts, lowering stress levels and creating mental space to focus on what truly matters - YOU!

Release the Past, Welcome your Future

Some of these strategies may resonate with you immediately, while others might take the time.

With the right support, you will:

- Regain focus and control
- Strengthen emotional resilience
- Better decision-making and confidence
- Maintain performance and productivity
- AND be a better person, a better parent

If you'd like to talk through where you are and what's next, **I'm here for a conversation.**

[Book A Free Divorce Strategy Call](#)

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