



# HEALING A BROKEN HEART

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**At the Counseling Center, we see many students each year who struggle after a breakup. It's important to remember that you can survive, recover and even grow from this breakup experience.**

## Survival Tips

- When a relationship ends it's important to make time to think about the relationship and your personal identity. Allowing feelings of grief and loss can aid the healing process.
- As one part of the process, journal writing or talking to loved ones who aren't involved in the relationship can help. Reading self-help books about ending relationships and recovery from loss can also be helpful.
- Making a schedule of activities can temporarily serve to fill the void left by the partner. It's important to remember, however that things may take more time and you may not be as productive for awhile when you are grieving.
- Allowing friends and loved ones to support you or remind you why you don't want to return to the relationship can help a person stay grounded.
- Connecting to other dimensions of self other than the relationship can broaden perspective. Some examples include:
  - Connecting to your body through exercise
  - Connecting with nature by going for walks, watching the sunrise and actually looking at the world around you and
  - Connecting with your spiritual and philosophical beliefs or political causes.
- Spend part of each day focusing on *NOW* and the possibilities for pleasure and enjoyment that you may have missed while you were in a relationship.
- Nurture your relationship with yourself. Your self-relationship is the most important one you have and is always with you. Learn to be supportive, positively challenging and self soothing in how you talk with yourself.
- Seeking professional counseling services can be especially important if you feel intense anxiety, depression or anger, if you are suicidal or if the relationship was abusive. Call the Counseling Center at (202) 885-3500 for an appointment.