

7 Steps to Recover From Ending A Relationship



By Stan Popovich

Sometimes it can be difficult to deal with the stress and depression of going through a breakup with someone. You feel sad, anxious and defeated. Here are seven suggestions that can help you manage the stress of ending a relationship:

1. Give It Some Time

At first, you will feel sad and will not want to do anything, however things do get better as time goes on. Give it a month or so and you will feel a little better. You'll be up and participating in all of the hobbies you left behind when you were with your ex.

Related Link: [Is it Time to X Out Your Ex?](#)

2. Stay Active

During this time you might feel alone. In this case, think about doing some volunteer work to meet some people and make new friends. Getting involved by helping others will make you feel better and your help could assist many people who may be worse off than you. Go to your local church and see what kinds of volunteer activities are available in the community.

Related Link: [He's Texting His Ex: Should You Be Worried?](#)

3. Follow Your Interests

Instead of doing nothing, try to determine what interests you may have and pursue new things. Maybe you always wanted to travel somewhere and never had the time, or maybe you wanted to try a new hobby. This would be a great time to do it.

4. Work With Animals

Get involved at your local animal shelter. Animals can be a great source of companionship, and they can help uplift our spirits. Animals are a great way to prevent loneliness and many of them need your help. You won't be sorry if you spend some time playing with a dog, cat or other animal.

5. Manage Your Negative Thoughts

When you are depressed, you will tend to think of negative things. When this happens, remind yourself that worry exaggerates the problems you have and that things will get better. Try to avoid negative thoughts and remain positive.

6. You Will Meet Others If You Try

After ending a relationship, try to remind yourself that you will meet other people and make new friends. Try to go to places where you can meet other people and just be yourself.

You never know when you might make a new friend. The trick is not to sit at home and feel depressed. You need to go out and be around people. This will increase your chances of developing new relationships.

7. Talk To A Counselor

A counselor could give you additional insights on how to get over a relationship. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future.

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods". For additional information go to: www.ManagingFear.com.