

# Learning to Cope Post Separation as a Parent

## Take Care of Yourself

Don't go through this time alone, surround yourself with family & friends. Find some new unbiased support from maybe a community support group or the Changing Futures Team

## Practise Self Care & Relax

Parents under stress can stop eating well, exercising or doing the things they enjoy! Try to maintain some leisure activities and remember to feed/ nourish yourself

## Manage your emotions

The key to coping is to recognise negative emotions you are feeling. If you are feeling low or depressed, seek support quickly. Be honest about how you feel and find a safe space to share those feelings.

## Begin the Healing Process

The sooner you accept what has happened and let go of the hurt, the sooner you can begin to feel better. Meaning you'll be able to focus on to helping you and your children cope. It's a hard big step but forgiveness is key to healing

## Give Yourself Time

Coping with separation takes a long time with lots of trial and error. Be kind to yourself and focus that eventually you will get there.

## Let Go of the Negative

It's normal to feel a mixture of emotions from resentment, anger, hurt or guilt. Holding onto these feelings can limit your ability to co parent.

## Work with the Other Parent

While you and your partners relationship has ended this does not mean they are a bad parent. Although this will be hard, being open to constructive communication is best for your own personal coping.