

## Emotional Health Considerations

The information below outlines the emotion health considerations as you go through divorce. This is not a substitute for a mental health expert. The purpose of the information below is to create awareness of things to consider and plan for. It is always best to consult with a Mental Health Professional regarding your specific situation.

### The Divorce Process

- Moving from “love and together” to “apart and at odds” to (finally) “separate and stable”
- Divorce is the death of a dream – how things should have been, but weren’t
- Stages of grief in divorce – shock, denial, anger, bargaining, sadness (depression), and hope
- Divorce stresses – family, emotion, money, social support

### Communication

- Strategies for communicating with your spouse during and after the divorce process
- Dealing with your spouse’s anger and threats
- How to stay in control – don’t respond in anger, don’t hit “Send” before you’ve thought it through

### Healthy Strategies

- Be proactive, not reactive
- Choose a good support team for you and your children
- Stay organized to reduce turmoil – keep a notebook, write things down, gather information into one place
- Stay physically healthy – eat right, exercise and get enough sleep

### Children

- Telling the children about the divorce and answering questions – different strategies for different ages
- What should and shouldn’t you share with children
- The importance of not speaking ill of your spouse to the children
- Dealing with a spouse speaking ill of you to the kids
- What to do when a child is reluctant to visit your spouse
- What you should and shouldn’t share with children