

BALANCING YOUR WORK LIFE

WITH DIVORCE



When you are going through a divorce, everything can feel overwhelming. Whether you are working full-time or part-time, juggling everyday life with the stress of an emotional upheaval can be difficult, but it can also be manageable.

Do you let people know?

You don't have to share everything with everyone; in fact, oversharing can bring its own issues, which are harder to control later down the line.

Letting your manager or a trusted colleague know that you are going through some personal changes can help set some expectations, and it may help with any flexibility with your working hours later.

The information you provide to them should be brief and keep it professional.

Work Boundaries

Whilst it may feel easier at work than at home right now, don't be tempted to use work as an escape. Throwing yourself into work and staying late, overworking, will only affect your energy levels, well-being and possibly even your health.

Try to stick to your normal work hours and protect your personal time.

Routines and Structure

When everything feels chaotic and you can't see the way ahead, create yourself a structure with routines that just help to ground you.

A morning coffee or a lunchtime walk can just help you to take a breath and find yourself again.

Taking Time Out

If you have the same time that you are owed (leave and holidays) make sure you use these days wisely. Don't just use them for legal appointments or other appointments related to your divorce; make sure you factor in some rest days, and if you can, indulge yourself.

Support

Everybody going through a breakup or divorce needs support.

Don't let work be your emotional support, make sure you build your own trusted group where you can open up, seek advice or just feel comfortable to open fully. This is where a breakup and divorce coach can really make a difference.

Be Kind to Yourself

Showing up for work, completing a task and making it through the day are all steps in the right direction.

Be proud of the little wins and remember to give yourself a pat on the back.