

Advice for after a break up

Spend time with your family and friends.



Keep yourself healthy.

Exercise and eat well.

This will help you feel good.



Keep yourself busy and do things you enjoy.



Talk to people you trust about how you are feeling.

Take time to deal with this change.



You can write about how you feel or do some art to show your feelings.





It is not good to follow your ex around.

It is not good to call or message them all the time.

They will want space.



It is a bad idea to post about it on social media.

This could make people upset.



It is not nice to ask other people to stop being their friend.



Do not rush into a new relationship while you still feel sad.

Wait until you are ready.



It will be OK.