

Divorce

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[Home](#) » [Relationships](#) » [Social Issues](#) » [Divorce](#)

A divorce can be one of the most damaging and disastrous episode in a woman's life. Besides the emotional trauma of separation there are various other practical day-to-day stresses that a woman may have to deal with. She will have to learn to handle life alone, reorganizing her daily life, dealing with the loss of a relationship and the social pressure to establish a new identity for herself among her friends, colleagues and peers.

All this can take an immense toll on her and can be very stressful.



Divorce and stress

Marriage is one of the most magnificent of all relationships. We all have the need to be loved, to feel secure and have a sense of belonging. When this dream gets shattered by divorce, it can cause untold misery. Divorce can sometimes be the least expected event in your life and can throw you off guard.



The trauma of divorce is not the same with all women. Some women learnt to cope well, while for a few others divorce can have catastrophic implications in their personal, professional and social lives.

Here are some of the most common behavioral changes that you may experience as a divorcee:

- feel like crying all the time,
- withdrawal from social activities,
- fatigue,
- substance abuse like alcohol or drugs,
- sleeplessness,
- depression,
- feelings of guilt,
- anxiety about the future,
- irritability,
- fear and
- mood swings



If such behavior persists, it is advisable to consult a marriage therapist.

Taking control of your life

Although it is easier said than done, taking charge of your life can help you beat the stress caused by divorce.

You may have to pull yourself together many times, before you master the art of being at peace with yourself.

Sources of stress

Household tasks.
Financial and social security.
Responsibility of raising a child alone.
Separation from the husband.
Lack of proper family life.



- **Learn to relax:** Listen to melodious music, visit a peaceful and serene location or indulge in activities that will keep you preoccupied such as writing or painting. Meditation can also help in relaxing your body and mind.
- **Stop blaming yourself:** Just as they say, "Honking will not make the traffic disappear", blaming yourself time and again will not make the pent up stress in you disappear. You just have to learn to respect another person's right to have different opinions. The blame game will not help.
- **Entertain yourself:** Visit friends and relatives. Play your favorite game or go to the movies. This will keep your mind distracted and lessen your worry time.
- **Seek help:** Do not be afraid or hesitant to talk about your personal problems. Choose your most trusted friend or relative to give vent to your feelings. You can also seek support from a professional counselor or therapist if your feel your negative emotions are affecting your daily life.



Adjusting to divorce

Although individuals are different, most women need two or three years to adjust to the changes separation and divorce bring. Some women may need additional time. However dealing with divorce requires three basic steps:

- **Accepting the divorce:** It is more than difficult to do this, but the sooner you start accepting that your marriage is over, the better it will be for you to forgive, forget and move on in life.
- **Establishing personal and parental roles:** You may have a child to bring up. But besides this, remember that you have personal needs that require fulfillment. Balancing your personal needs and parental needs can help you attain an identity for you as an independent individual and as a single mother.
- **Looking ahead to the future:** Make it a point to move on. You have to leave your past behind because your future is calling you. One relationship may have been over. But most certainly, there can be other



Finally...

Dealing with separation and divorce is not easy. You may be overwhelmed with the situation and may find it very difficult to adjust to the many changes and stress that divorce delivers to your life. But believe in yourself because nothing is actually lost until hope is lost.

What is important is not how you dealt with your past, but what plans you have for the future. So move ahead because despite the uncertainties and broken dreams, it is still a beautiful world. So be cheerful because tomorrow will be a better day.



Relationships » Stress and Meditation » Coping With Stress

Stress is the emotional and physical strain caused as a result of our response to what happens around us. Stress can affect anyone—kids, teenagers, adults and the elderly. At one point or the other, everybody goes through stress—be it relationship demands, work, household chores, children's school, education, financial situations, etc. It is an inborn instinct which helps you deal with everyday difficulties. But, if it goes on for too long, it can harm your physical as well as psychological health making it difficult for you to handle day-to-day living.



What happens during stress?

When you respond to factors that cause stress or stressors as they are called, your body undergoes many changes. Your nervous system and certain hormones get activated.

These hormones quicken your heart rate, breathing, metabolism and blood pressure. Your body begins to sweat as a preventive measure to keep its temperature cool. These responses by the body to counter a stressful situation, helps you handle the event effectively and perform well even under pressure. However after tackling the stressful event, your body returns to normal. This natural ability of the body to deal with stress is called stress response. Any event where your body fails to respond in this manner can cause stress.

Causes of stress

A new job or responsibility.
Loss of a job or retirement.
Death of someone you love.
Divorce or marriage.
Financial problems.
Certain health conditions or disease.

Symptoms of stress

Body ache
Feeling anxious or depressed
Feeling tired all the time
[Constipation](#) or other stomach discomforts
Repeated headache
High blood pressure

Pregnancy or fear of labor or childbirth-related stress,
Changing residence or moving to an unfamiliar place.
Violence or injury.
Family conflicts.
Busy schedules, lack of rest or too much travel.

Difficulty falling asleep or staying asleep
Difficulty keeping good relationship with others
Weight gain or loss
Excessive drinking or smoking
Overeating
Irritability

Managing stress

Knowing the early symptoms of stress can help you handle stress better. Look for that unexplained body ache, restlessness or inability to sleep. Once you have identified these symptoms, try to avoid those factors that trigger stress in you. Often this may not be possible. So the best alternative is to learn to deal with those stressful situations by changing the way you react to them.



Some tips to help you handle stress effectively

- Do not get upset with things that you cannot change, such as a traffic jam.
- Prepare yourself if you foresee a stressful situation such as exams or a job interview.
- Change is often for the good. Do not allow change deject you whether it be change of residence, job or relocating to an unfamiliar place.
- Keep good relationships. After all nobody is perfect and people do tend to disappoint you at times. Talking to people often removes barriers and provides emotional relief.
- Set yourself realistic, achievable ambitions.
- Exercise regularly and eat a healthy, balanced diet with sufficient nutrition. Exercise will relieve you of stress and it is also a great way to keep in shape.
- Get enough sleep.
- Develop interest in recreational activities such as sports or music.
- Practice relaxation techniques such as deep breathing or meditation. Deep breathing helps you relax and get more oxygen into your lungs.



Consult your doctor

Stress if left unchecked can cause a lot of physical as well as psychological health problems. If you find yourself feeling any of these symptoms of stress, talk to your doctor at the earliest. Informing your doctor early will help him or her take the necessary steps to find a remedy soon. Your doctor may also try to analyze whether there are other hidden health problems that may be causing you stress.

Favor you like Moses

Honor you like Mary
Fight for you like the Israelites
Make you prosper like Isaac
Promote you like Joseph
Intervene for you like Esther

Protect you like Daniel

Use you like Paul

Heal you like Naaman

Answer you like Elijah

Anoint you like David

&

Keep you safe like Shadrach, Meshach and

Abednego.

HAVE A GOOD DAY!

Be Blessed & Be a Blessing