

**You are not alone!** If you have recently experienced the loss of a love, mindfulness can help you through the healing process. Here are just a few suggestions to help on your road to feeling whole again.

**The pain of a broken heart may come in waves** - You may feel intense feelings of grief over the next few days and weeks that may overwhelm you. Know that these feelings are a normal part of the healing process. Think of them as a bitter medicine that you must take in small doses to feel better. Watch as the waves of sadness, shock, anger, shame, and feelings of rejection rise, have a peak, and then disappear. Trust in the fact that this medicine, and these emotions, have a beginning, middle, and end. Notice the peace and stillness that comes after they pass. Practicing a series of long slow inhales, followed by slightly longer exhales will help calm your nervous system as you work through these waves. (see [mindfulhub.com](http://mindfulhub.com) for more instruction on mindful breathing.)

**Treat yourself like you have the flu** - Attend to the physical manifestations of a broken heart. Now is a great time to focus on your health (as you may have been too focused on others during your relationship). Take long walks, or start a totally new exercise routine. It is important to balance your waves of pain with some healthy distractions like exercise, moderate amounts of sleep, and a healthy diet.

**Don't isolate yourself** - The temptation to hide in your room might be strong, especially if you and your ex-beloved shared the same group of friends. If you are in school, join a new club. If you are working or retired find a community project to get involved with. Helping others who are in need will restore your sense of self-worth. Building compassion for yourself as well as others is at the heart of mindfulness, and will help you heal your own heart.

**Don't self-medicate** - Mindfulness requires taking scheduled breaks in the day to monitor your breathing and your thoughts. This practice can help prevent your break-up from becoming a full-blown downward spiral. By coming back to the breath and the body in an intentional way several times throughout the day, you can be curious about any destructive cravings you may have, instead of giving into them.

**Limit your social media use** - If you see pictures of the one you long to see every time you go on facebook, this will prolong your pain. For this reason, consider limiting your social media use. Use a phone, email, or voicemail to make plans with friends.

**What was missing?** - As you start to heal from your break-up and the waves of emotion begin to get smaller, you may start to see that you were not getting all your needs met in the relationship. Now is a good time to take a look at your values and deeply held desires. What is it that you hold most important in your life? What steps can you take to incorporate your values in your life in an intentional way? Set a timer for five minutes. Focus only on your breath, then get a piece of paper and free-write about where you want to be in one year.

**What have you learned?** - Mindfulness helps us learn from our mistakes as opposed to making the same mistakes over and over. Trust in the fact that mindfulness engages the more rational side of the brain, helping you to move forward with clear intention.

**You are not alone!** - One of the great outcomes of mindfulness is the truth that we are not so different from everyone else. Heartache is part of the human condition and none of us is immune to this fact. Mindfulness reminds us that this is a temporary condition. Stay connected with family, good friends, or a professional counselor who can help you heal your heart and reconnect with your true self.

For more information about starting a mindfulness practice, go to [mindfulhub.com](http://mindfulhub.com).

***We wish you twenty minutes of mindfulness every day!***

