

DEALING WITH BREAKUPS



SOME TIPS FOR COPING WITH BREAKUPS DURING UNIVERSITY



ONE SIZE DOES NOT FIT ALL !

Breakups are complex and can feel very different depending on the specific situation. Remember to stay mindful of this and try a variety of strategies to determine what is most helpful for you in the moment.

SEEK SUPPORT FROM FRIENDS & FAMILY

Reach out to supportive friends and family members as talking to them can help normalize what you are feeling. Breakups are challenging, so it's important to stay connected with others around you and seek their support.¹



GIVE YOURSELF TIME TO FEEL YOUR EMOTIONS

Take some time to grieve the end of your relationship. Ignoring what you feel will most likely prolong the normal grieving process. Healing involves both identifying and allowing yourself to feel emotions.³

PRACTICE SELF-CARE

Continue to engage in self-care activities that you enjoy to support your overall well-being as you cope with the breakup. Take the opportunity to prioritize your needs and build your resilience!⁵



REFLECT ON THE RELATIONSHIP

Think about what you can learn from the relationship. Strategies such as journaling can be helpful to aid with this process. Take the opportunity to reflect on what you might have learned from the relationship, both during and after it ended. Avoid placing blame on yourself or someone else for the breakup.⁸⁻¹⁴

DO SOMETHING KIND FOR YOURSELF

It can be helpful to do something to actively make yourself feel better during a breakup (i.e., 'treat yourself'). This looks different for everyone, but some ideas include taking a bath, going for a massage, and/or watching a favourite movie.⁵



GET BACK INTO A ROUTINE

Reducing pressure on yourself is helpful at the beginning of a breakup, but getting back into a daily routine will help you to regain a sense of normalcy and control.⁶

PRACTICE MINDFULNESS

Being mindfully aware of your thoughts and emotions (i.e., acknowledging what you are feeling with non-judgmental acceptance) during a breakup will help you grow from the experience.^{4,7}



REMEMBER THAT YOU ARE RESILIENT

Remember that although relationships contribute to our happiness, they don't make us whole. Although it might not feel this way at first, you **ARE** able to survive on your own. You were able to before, and you will be able to do so again.

LOOKING FOR MORE SUPPORT?

Check out these resources:



[Click here](#) for a McGill resource sheet on Surviving a Relationship Break-Up: Top 20 Strategies.



[Click here](#) for expert advice and mental health support surrounding breakups.



Check out [7Cups](#) for breakup advice with a chat room as well as optional clinical support.



For a **complete list of references** check out the Reference List page at www.engineeringresilience.ca

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