

HEARTBREAK & BIG EMOTIONS

Being sad sucks. It just does. Especially when there's nothing you can do about it. Sometimes we're a little sad about something, and sometimes we're dealing with really huge sadness, like heartbreak. And yeah, it's awful.

You have to feel comfortable with the fact that you're sad. Don't force yourself to smile and be happy, because as well as wearing you out, it won't feel really happy and you may likely just feel worse.

I have been there. Done that. Got the t-shirt. (Not a flex) so I have some advice for you.



GET TO KNOW YOUR MIND

Get to know how you think. I probably sound a bit weird, so here is an example. Imagine you could see into the future. You would know when you're going to feel sad and rubbish, so you would be prepared. Unfortunately, we can't do that. But what we can do is learn how our minds work when we're sad, or panicked, or angry, and be prepared.

You aren't a magician. When you feel terrible, you can't just decide to feel better (even when people say things like 'come on, smile!' See my article on Toxic Positivity for more on this) But it also feels terrible to just sit in your sadness. Don't bother learning that the hard way. Take small steps at a time to feeling better.

LOOK FOWARD

Recovering from a heartbreak really isn't easy. Be it a breakup, the loss of a loved one, or something else, it can make us feel the saddest we have ever felt, and we come across lots of new emotions in the process. Something I learnt when going through that was that nobody gets to tell you how to feel. Nobody should be telling you what is right for you, unless it is their job to guide you (perhaps a therapist or councillor)

The experience of heartbreak is different for everyone, which is why generic advice doesn't really work. So take tiny steps whilst working out what is best for you and healthiest for your mental health. Never blame yourself for heartbreak- your feelings are absolutely valid and you don't choose to be heartbroken!

Part two is currently being written! Love Ariella :)