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# BOUNCE BACK FROM BREAK-UP

THE GUIDE TO SURVIVAL

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INCREASE YOUR ENERGY &  
RECLAIM YOUR LIFE.



# Break-Up's are *tough*

But guess what? They don't have to be so painful...

Navigating through a separation or divorce can be overwhelming.

Some days you feel you are in some kind of control and then other day's you feel guilty for feeling low again. The constant back and forth can be a rollercoaster of emotions and all you want is for this pain to go away so that you can get back to being yourself.

Here are my 8 key tips to get your mojo back!

## #1 *Release the Emotions*

And don't feel bad about it! If you want to curl up in a corner and cry then do it. Research shows having a good old cry helps to release oxytocin and endorphins (the feel good chemicals) so go ahead and let it all out!

And more importantly if you have people in your life telling you to stop crying and judging where you are on the journey, you probably don't need those people in your break-up and support team right now.

## #2 Support Saviours

Surrounding yourself with people who make you feel good is critical for the road to recovery. Whilst family and friends have good intentions, they are not always the best people to guide us when trying to move on with our lives. There can be some bias and judgement; and when we are feeling low, judgement can feel a million times worse.

This is not to say you are cutting these people out of your life, far from it. You just need **more time with those who are helping you get to where you need to be faster!**

You need the A-Team on your break-up and support group.

## #3 Project Detox



A great way to feel as though you are moving forwards is to get into Project Detox mode. Perhaps you still have personal items of your ex-partner in your home, or things that remind you of them constantly?

Put on a power song, something that instantly gets you up out of your seat and feeling good again. Have a look around your home **is there anything you never particularly liked that you can now get rid of now?** Move the furniture around, have a spring clean or clear out your clutter. All of these small things can make a positive difference to your mood.

## #4 Well-Being Matters



### Sleep Sleep Sleep...

The research on **the critical importance of sleep is extensive**. When going through a breakup, it can be hard to switch your brain off. However, sleep is **sacred**.

- Eat a few hours before bed and avoid food high in sugar; otherwise, your sleep becomes fragmented.
- A warm bath is proven to promote sleep, add a few drops of aromatherapy oil. (Lavender is great!)
- Avoid high levels of lighting in the house (especially iPad/Phone lights) keep lighting levels low.
- You need between **8-9 hours of sleep per night**.
- The shorter your sleep, the shorter your life! Sleep helps us to physically heal, deal with stress and solve problems. Don't cheat your body and mind out of it.

## #5 Unfriend & Unfollow



I know this can be hard. Maybe you are asking yourself 'but how will I know what he is doing? 'It feels so final', 'Won't he/she know that I have unfollowed them'? But let me ask you **'how will cyberstalking your ex move you forwards?** You could be saving all of that time and energy and putting it into something else. When we do this we leak our energy! Plug the leak- and unfriend and unfollow!

## #6 Future Focus

If you spend your time and energy in the past that is where you will stay. And unfortunately staying there keeps you stuck. If you want to move forwards then take this precious time to think about what you want.

Jumping into another relationship quickly isn't a great idea. If we don't have the time or breathing space to think about what lessons were learned from the past relationship, how can we ensure we don't meet the the same version of our ex? This is an amazing opportunity to get clear on what you want and need, and who you entertain in the future.

## #7 Drop the Pressure

Don't be hard on yourself. Creating unnecessary pressure is going to make you feel terrible. Separation or divorce is a process, and you will get through this. And it's not only about time, it's also about pushing yourself to focus on the positives, and remember what you have gained now that you are out of the relationship. What can you do now that you could never do with your ex?

## #8 Design your Ideal Partner

Only consider a partner who meets your needs, fully chooses you and brings their A game to the relationship. A healthy relationship inspires you to be better, not drag you down. Don't settle for less.

# About me



Saria Moran partners with individuals and employers to help them facilitate awareness, compassionate response and recovery from the impacts of Divorce and Domestic Abuse.

She is an NLP Practitioner and Certified Life/Divorce and Domestic Abuse Recovery Coach/Trainer. She is known for serving her clients deeply, holding a safe and sacred space without judgment, with a laser-sharp focus on the desired transformation.

She collaborates with organisations to foster domestic abuse awareness and develop comprehensive policies to support employees.

Her extensive experience in corporate safety allows her to support clients by using risk assessments to prepare personalised safety plans to protect people from dangerous situations. She is a Chartered member of the Institute of Safety and Health (IOSH) and an Accredited member of the International Coach Federation (ICF).

Once Saria became a mother, she switched the grind for a more rewarding career where she wakes up every morning excited about her work, knowing that she is helping people rebuild their lives and step into their power. When Saria isn't working, you'll find her dancing the Argentine Tango and singing Disney karaoke with her daughter.