



SELF-CARE DURING DIVORCE

Divorce can be a highly stressful event. Taking care of your emotional and mental well-being is essential during this challenging process. Below are some resources and practical tips to help you manage stress and find support.



EMOTIONAL SUPPORT RESOURCES

- Many health insurance plans offer free counseling and/or referral services, review your health insurance plan to see if your coverage includes counseling.
- **Counseling and Support – Mental Health Resources**
 - **King's County Behavioral Health (KCBH):** This local organization offers mental health resources and referrals for King's County residents dealing with emotional distress.
 - **Mental Health America (MHA):** This national organization provides information and hotlines for those coping with separation and divorce.
 - **Local Private Therapists:** A licensed therapist or clinical social worker can help you process your emotions and develop effective coping strategies.
 - You can find local mental health professionals by searching online, contacting your insurance provider, or asking for a referral from your primary care physician.



PRACTICAL SELF-CARE TIPS

- **Maintain Healthy Routines:** Structure brings a sense of normalcy. A regular sleep and exercise schedule can help reduce stress and improve your mood.
- **Set Boundaries:** Limit stressful interactions with your former spouse by keeping communications practical and focused.
- **Take Breaks from Stressors:** Give yourself permission to step away from divorce-related matters and spend time relaxing.
- **Rely on Your Support System:** Reach out to your trusted friends and family for support.
- **Seek Help If Needed:** If feelings of stress, depression or anxiety become overwhelming, you can prioritize your well-being by seeking professional help.

Remember: Divorce is a personal and emotional process, but you are not alone, and support is available if you need it. Focus on small, manageable steps each day, and don't be afraid to seek help.