
Relationship Breakups

By Nishita Raut, M.Ed



Whether you are the one who was left heart broken or the one who chose to leave the relationship; Whether you left a good relationship or a bad one; Dealing with the end of a relationship or a breakup could feel like living your worst nightmares, especially when you are in college! Add a breakup to an already hectic schedule, final exams, group presentations, deadlines and you have a recipe for disaster. Before opening up another box of ice-cream or watching your favorite movie for the 100th time here are a few ways to bounce back from a breakup:

Are you suffering from a heart break? How do you identify heartbreak?



Here are some signs to identify

- You can't stop thinking about your ex
- You try to avoid interaction with them
- Avoid situations or places where you would see them
- Your conversations include them very often
- Or, you refuse to talk about your break up at all
- You are partying more than usual
- You feel very tired or do not feel like getting out of bed
- You cry all the time
- You feel loss of appetite
- Or, you are eating more than usual
- You keep analyzing your breakup

If you are experiencing any of these signs then you are not the only one! It is normal to sad or angry after a breakup and can take time to get over it. But it is important to know that with time most people get over a relationship sometimes stronger than they were earlier. Here are some ways to be resilient after breakups:



1. *GIVE IT TIME*

Give yourself time to feel upset. Giving yourself time to feel emotions will help you heal and feel better. Allow yourself to [cope](#) with the change.

2. *DATE YOURSELF!*

The end of relationship does not mean that there is anything wrong with you. Also, you do not have to be in a relationship to keep yourself happy. Instead you could provide yourself the love and care that you deserve. Treat yourself by doing something that you find relaxing like going to a movie, meditation, playing or listening to music, reading or visit places around you. Buy yourself a small treat such as your favorite chocolate. Remember even the small things can make a big difference.

3. *KEEP YOURSELF BUSY*

Getting out of a relationship will free you off from a lot of time that you spent together. Make the most of this newly found time by doing things that you actually enjoy or practice new hobbies that you did not have time for earlier.

4. *REMEMBER THAT BREAKUPS CAN HAVE A POSITIVE SIDE*

Breaking up can leave you more aware of yourself and what you expect from your future relationships. You can learn new coping skills, become more independent and have more time to spend with your friends and family that was being robbed away when you were in a relationship.

5. *TALK TO SOMEONE*

Break-ups hurt and people get over it with time passing by. It can get difficult to move on after a difficult break-up, in such situations talking to someone you trust such as friends and family can help in the process of "getting over." Sometimes, break-ups along

with other stressors can get difficult to manage and can cause other problems such as depression. In such situations if you prefer talking to someone outside your family or if you have been experiencing any of the signs to identify contact Student Affairs to seek professional help

SOME MORE RESOURCES.....

Fair fighting rules

<https://youtu.be/jpYDTpQxq50>

<https://www.therapistaid.com/worksheets/fair-fighting-rules.pdf>

Using “I statement”

<https://www.therapistaid.com/worksheets/i-statements.pdf>

On again off again relationships

<https://www.goodtherapy.org/blog/i-love-you-i-hate-you-surviving-relationship-churn-0118207>

Surviving Relationship breakup Top 20 strategies

https://www.mcgill.ca/counselling/files/counselling/surviving_a_break-up_-_20_strategies_0.pdf

ways to cope with breakup

<https://www.utdallas.edu/counseling/breakups/>

Dealing with relationship breakups all-inclusive handout

<https://headspace.org.au/assets/Uploads/Resource-library/Young-people/Dealing-with-relationship-break-ups-web.pdf>