

RECLAIM YOUR ENERGY
RECLAIM YOUR LIFE



***Your Guide to Feeling
Like Yourself Again
After Divorce***

Your Guide to Feeling Like Yourself Again After Divorce or Uncoupling

Hey There Beautiful,

When your world shifts, whether through divorce, separation, or an uncoupling, it's easy to find yourself running on empty. The emotional roller coaster, the mental gymnastics and the pressure to keep it together can leave you feeling utterly exhausted.

I know that feeling all too well. When I went through my divorce, I dove into work like my life depended on it and it left me feeling burnt out, emotionally drained, and all I could do was go through the motions. I felt like I was existing, not living!

But, I was determined to change that and through trial and error, I found simple but powerful practices that helped me restore my energy, reset my nervous system, and create a sense of balance I hadn't felt in years.

In this short guide, I'm sharing the top 10 things that helped me and now help the women I work with, begin to reverse exhaustion so they can start this new chapter with clarity. These ideas are designed to meet you right where you are and guide you forward.

You deserve more than survival mode. You deserve to feel vibrant, grounded, and in control of your life again.

Let's take the first step together because thriving after heartbreak starts with taking care of you.

With Love,

Alex

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START YOUR DAY WITH YOU

Before the texts, emails, and to-do lists start piling in, carve out sacred time to check in with yourself. Even 10 quiet minutes in the morning to journal, stretch, or sip tea in silence can center you in your own energy, so you can lead your day instead of react to it.



HYDRATE LIKE IT'S YOUR JOB

Water is foundational, especially when your emotions are running high. Dehydration amplifies anxiety, fatigue, and brain fog, none of which you need right now. Keep a bottle nearby and make drinking water a self-care ritual.



TAKE SOME NOTHING TIME (YES, REALLY)

You've likely been doing for everyone else for far too long. Schedule time for nothing. No chores, no social obligations, no scrolling. Just space to breathe, be, and exist without a checklist. Nothing time is not "nothing." It is how your nervous system recalibrates.



RECONNECT WITH PEOPLE WHO LIGHT YOU UP

Some people drain you. Others make you come alive. Choose to spend time with those who see your worth, inspire your growth, or simply make you laugh until you snort. We heal faster when we don't isolate.



SLEEP IS A POWER MOVE

Forget the "hustle" badge of honor. Sleep is how you heal, reset, and rebuild. Aim for 7-9 hours a night. Keep a regular bed time and routine and use the 3-2-1 system: no food 3 hrs before bed, no work 2 hrs before bed and no screens 1 hr before bed. You deserve rest. Period.

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DITCH THE MULTI-TASKING

After a breakup, your brain is already working overtime. Splitting your attention makes you more scattered and emotionally fried. Focus on one thing at a time. Create mental space. Give your heart and mind room to breathe.



CUT THE CAFFEINE CLUTCH (GENTLY)

Relying on caffeine to push through exhaustion only masks how tired you really feel. Notice when you're reaching for that third cup and try replacing it with something that feels energizing yet nourishing, maybe a walk, some breathwork, or a healthy snack.



RETHINK WHAT YOU EAT (GLUTEN IS SNEAKY)

How do you feel when you eat that sandwich or bowl of pasta? Does your mood dip? Do you feel fatigued? Does brain fog come out to play? Try substituting with protein, veggies, and healthy fats for a few days and see how you feel. You might be surprised.



BREATHE ON PURPOSE

When heartbreak hits, we often live in our heads, reliving all the shouldas and couldas. Breathing deeply reconnects you to your body and calms your nervous system. When you feel tense or overwhelm, pause. Sit tall. Inhale. Exhale. Repeat. It's an easy reset you can do anytime.



YOU ARE NOT A MACHINE. TAKE BREAKS

Even superheroes need breaks. Don't expect yourself to power through your day non-stop. Work in focused bursts, then pause. Rest isn't weakness; it's how you rebuild your strength.

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You're in a season of renewal and becoming. These tips will help you reclaim your vitality, your boundaries, and your sense of self. One breath, one sip of water, one good night's sleep at a time. Pick one or pick three this week, your choice!

THIS WEEK, I COMMIT TO:

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You got this!!

You've taken a powerful step by saying yes to yourself, your healing, and your energy. Come back every week and try new ideas on for size until you find what really works for you. Have other ideas? Add them to the list and let me know! I'd love to hear what works for you.

Whether you implement one tip or all ten, every small act of self-care sends a message to your heart and nervous system that you are safe and that you are worthy of rest, of joy, and of a life that feels good again.

If you're ready to go deeper, need a little support, or want to be seen and celebrated on your journey, I'm here for you.

Curious where you are on your Divorce Journey? Find out by clicking on this link: <https://tinyurl.com/YourDivorceJourney>

Let's connect:

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Facebook: @alexandranielcoaching and Free group:

<https://www.facebook.com/groups/awakenedheroine>

Curious where you are on your Divorce Journey? Find out by clicking on this link: <https://tinyurl.com/YourDivorceJourney>

Let's rise together.

With love,

Alex