

# How To Get Over A Breakup?



**Distance yourself** from your ex and allow yourself some room.

**Keep yourself busy** and avoid spending too much time alone during the first few weeks. Plan the weekend with friends and try to enjoy it.



**Dedicate a few hours** of the day to the things you love doing. Go out on a solo date or watch a movie.

**Spend time with your family.** If you can, go home and stay there for a few weeks. A change of place could benefit you.



**Do not try to drown your sorrows** in alcohol or other drugs. You might feel good for a while but regret it later.