



# IT'S TIME TO FOCUS ON YOURSELF

Take note of these points that will help you move on after a breakup and focus on yourself.



**Bring your feelings  
under control**

**1**

**2**

**Make your health, both  
physical and mental,  
your priority**



**Avoid getting into  
bad habits**

**3**

**4**

**Talk to your friends  
and family members**



**Look towards the positive  
aspects of life**

**5**

**6**

**Introduce practicing  
mindfulness in your  
daily routine**



**Spend time with yourself**

**7**

**8**

**Have patience**



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Source: [https://www.momjunction.com/articles/how-to-make-him-miss-you-after-break-up\\_00785444/](https://www.momjunction.com/articles/how-to-make-him-miss-you-after-break-up_00785444/)