



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/