



Your guide to HEALING HEARTBREAK

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*It's not just
time that
heals — it's
what you do
with it.*

”

Sometimes heartbreak hits you like a train you never saw coming — sudden, brutal, and disorientating. You're completely blindsided, left trying to piece together how everything changed so fast.

Other times, you see it coming — slowly, painfully. You feel the distance growing, the silences getting heavier, the warmth fading. You hope, you try, you talk, you cry — but deep down, you know. You can't stop the inevitable, and that's its own kind of heartbreak.

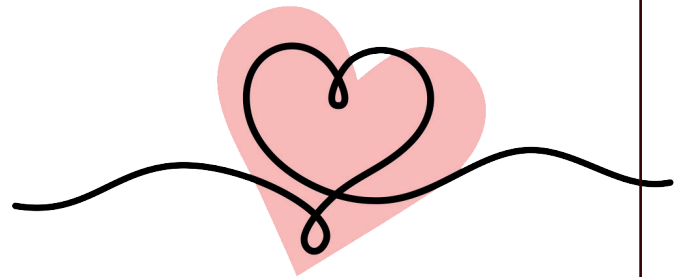
However it happens, the pain is real — and so is the healing. When a relationship ends, whether suddenly or slowly, we don't just feel heartbroken, we grieve. Grief isn't only about death, it's the human response to loss.

When a relationship, our future, or our sense of safety comes to an end, the emotional impact can be every bit as powerful as a bereavement. That's why the pain can feel so deep, disorientating and consuming. We are grieving the life we thought we had.

When a relationship ends, it is common for the emotional experience to feel as strong as bereavement, even though the other person is still alive.

What we are grieving is:

- the loss of connection
- the loss of shared identity
- the loss of stability and predictability
- the loss of plans, routines, and roles
- the loss of the emotional home the relationship provided
- the loss of who we were within that relationship



We are wired to seek stability, safety, and emotional predictability. When a relationship ends, especially suddenly or painfully, that stability collapses. Grief is the natural process the mind and body use to restore balance.

Why it feels so intense

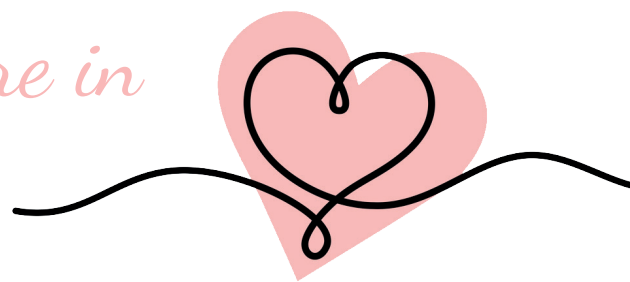
Relationship grief can feel as though someone has died because:

- the bond has been severed
- routine and structure disappear overnight
- the nervous system loses a source of safety
- attachment patterns are disrupted
- your identity shifts
- the future you imagined is no longer available
- you are forced into unwanted change





The importance of self-care in relationship grief



Because heartbreak impacts sleep, appetite, concentration, identity, and emotional regulation, self-care becomes essential, not optional. Self-care is not about moving on. It is about strengthening yourself enough that grief can move through you, rather than feeling like it is happening to you.

People often say “time heals all wounds,” but I’ve learned that it’s what you do with that time that really matters.

There’s no single time-line for heartbreak and grief — we all move through it differently. I started to notice small shifts as I began to take care of myself again — eating, sleeping, walking, talking. It’s not about counting the weeks or months, it’s about noticing the quiet ways you start to feel alive again.

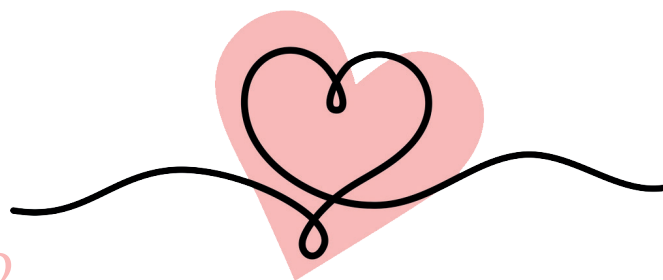
How long will it take?

There's no simple answer — it takes as long as it takes. Heartbreak doesn't move in straight lines or neat time-lines. Some days you'll feel okay, and the next you'll be right back in the ache again.

But each time, it hurts a little less. Healing isn't a finish line — it's a slow unfolding. One day you'll realise the pain that once filled every corner has softened, and you've quietly started to heal.



THE FIRST MONTH



When will I stop crying?

In the beginning, probably not for a while — and that's okay.

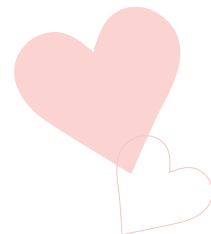
For me, it was several times a day during the first week — every time I spoke about it, or saw someone or something that reminded me of him or the life we had, I started crying. It felt endless, like I might never stop.

But it did start to ease.

After a few weeks, the tears came less often — still there, but less and easier to move through.

Tears are your body's natural release valve. They carry stress hormones out of your system and help you process what your mind can't yet explain.

You won't cry forever. The day will come when you realise you've gone a whole day — maybe even a week — without crying. And that's how you'll know healing has quietly begun.





2-6 MONTHS



BUILDING A ROUTINE FOR ONE

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When a relationship ends, your daily life can suddenly feel hollow — meals for two, weekends together, shared plans. The silence can be deafening.

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I remember how strange it felt doing ordinary things alone — making a coffee, going for a walk, watching TV at night. Even shopping was hard.

That first trip to the supermarket was horrible — everything felt like it came in big packs, and I had no appetite anyway. My weight dropped quickly, and it was my daughter who suggested I start having shakes just to get something in my system – “*I’m not ill!!*” I said, but if I’m honest, I felt ill, broken inside but putting on a brave face.

The small, practical things caught me off guard too — like realising that a loaf of bread goes off so quickly when there’s only one of you.

Everything seemed to spoil before I could finish it — the bread, the ham, even milk. It sounds trivial, but those tiny things make the loss hit harder.

Eventually, the freezer became my best friend — I started batch-cooking meals and freezing them in single portions. Sometimes I’d roast a chicken, shred it, and pack it into portions for sandwiches or wraps. The freezer was overflowing in no time – it became an obsession – who needs 10 portions of chilli con carne!!

I never really felt like cooking when it came to it, but it helped knowing I could grab something healthy from the freezer and pop it in the microwave or the air fryer — quick, easy, and no fuss. It gave me a sense of control, like I was quietly taking care of myself, even when I didn’t have much energy.

Those small, practical things — walking with friends, having something nourishing ready to hand, keeping gentle structure to the day — helped me stay afloat when everything else felt uncertain.

In the early days, it wasn't about thriving — it was simply about functioning. But over time, I began to find a new rhythm, a new normal — one built just for me.

What helped me:

- ♥ **WALKS WITH FRIENDS:**
a mix of exercise, chat, and fresh air.
- ♥ **ENDLESS COFFEE DATES:**
tears and supportive hugs.
- ♥ **KEEPING SMALL ANCHORS EACH DAY:**
planning a short routine: work, gym, a food shop - a sense of shape to the day.
- ♥ **FILLING QUIET SPACES WITH GENTLE COMFORTS:**
music, candles, a podcast ('How to Get Over Your Ex' was my favourite)
- ♥ **RECLAIMING MY SPACE:**
changing the bedding, rearranging the room, making it feel like mine again.
- ♥ **CELEBRATING SMALL WINS:**
cooking for myself, getting through the day, starting to plan again.
- ♥ **CUTTING CONTACT AS MUCH AS POSSIBLE:**
If you share children or have to remain in touch for work, as I did, this can be difficult, but over time, your nervous system begins to re-wire not to be with him.

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*...over time,
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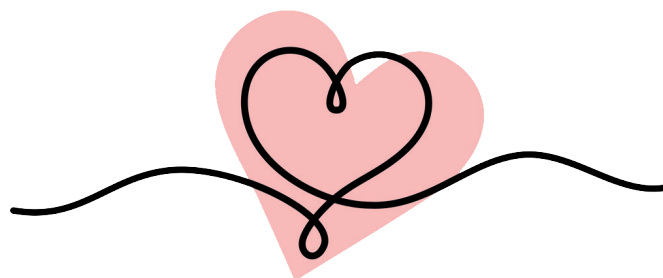
THE SHOCK

When everything changes

Whether it's sudden or something you saw coming, the ending still knocks you off your feet. Even when you “knew” it was coming, it still hurts to have the truth confirmed. Your body and mind go into survival mode — the sleepless nights, the racing thoughts, panic attacks, the churn in your stomach. It's all part of the shock.



“ You can't stop the pain from coming — but you can take care of yourself through it. ”



What helps



Don't pressure yourself to make sense of it yet. Just breathe.



Keep your basic routines — eat, rest, move, hydrate.



Avoid big decisions while emotions are raw.



Talk to friends who feels safe and steady.



Protect yourself from overexposure — social media, messages, photos (those Facebook memories keep popping up on your phone!)



6 MONTHS & BEYOND



The Work - Reframing and taking control

This is where healing really begins — when you stop waiting for time to fix it and start doing the work.

You begin to shift from “Why did they do this to me?” to “What can I learn and change from here?”

I’ve never been a big fan of journaling, but one night I decided to write two lists — what I’d **lost** from the relationship ending, and what I’d **gained**.

At first, it felt strange even writing the word “gained.” But once I did, I realised there were things I’d never acknowledged — freedom, peace, truth, a closer circle of friends — my own little girl clan — and a sense of purpose.

I was finally out of the lies & chaos, and that clarity felt like calm for the first time in years. That moment helped me see that healing isn’t just about losing someone; it’s about finding yourself again. This part takes courage. It’s active, intentional healing. It’s you saying: “I’m not waiting to feel better — I’m choosing to heal.”

“ Stop trying to rewrite the past & start focusing on the person you want to become. ”

What helps



Journaling — or simply writing lists of what you’ve lost and what you’ve gained. You may surprise yourself with what you’ve reclaimed.



Notice your patterns and start setting boundaries that protect you.



Speak kindly to yourself — you did your best with what you knew then.



Move your body — grief needs somewhere to go.

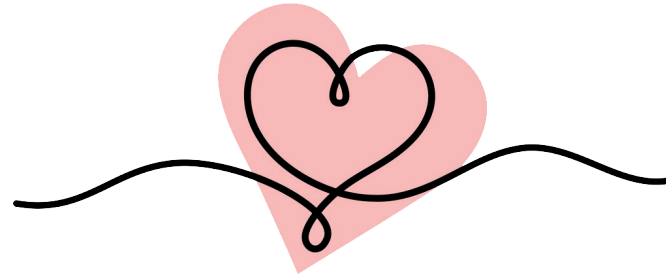


Try therapy or counselling — healing with support is powerful.



THE GROWTH

Living In Your Power



**Eventually, you start to notice the difference.
The triggers sting less. You stop checking your phone.
You sleep again. You laugh — and it feels real.**

You see how far you've come. You understand yourself more deeply. You're stronger and you trust yourself again.

What helps



Keep living in line with your new values and boundaries.



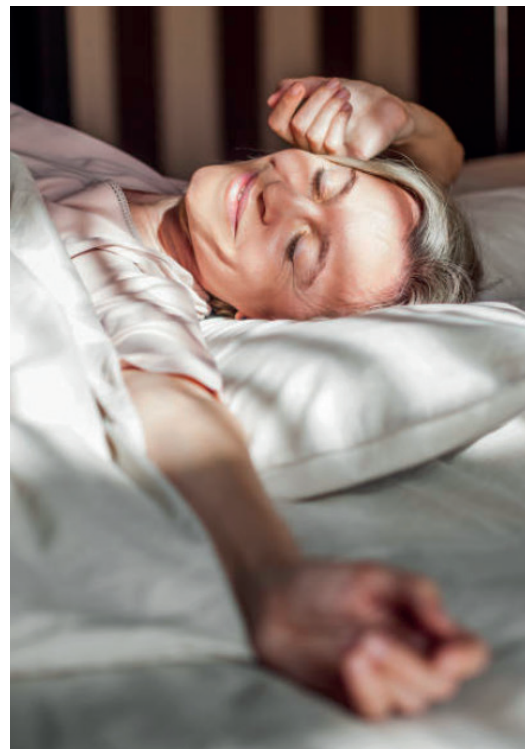
Stay open to connection, but no longer at the cost of your peace.



Share your experience when it feels right — your story can give hope to others.



Keep nurturing your independence and joy.



“ And one day, you'll realise: “It wasn't time that healed me — it was me.”





THE TRANSFORMATION

Turning Pain Into Purpose



At around six months, something shifted. The practical things — eating properly, walking with friends, sleeping again — had slowly become part of normal life. I wasn't surviving anymore; I was beginning to understand.

This stage felt different. It was no longer about holding myself together — it was about making sense of what had happened, why it had affected me so deeply, and how I wanted to live from here.

It's the stage where the real transformation begins. You start to see that heartbreak isn't the end of your story — it's the beginning of your awakening.

For me, this is when **The Heartbreak Coach** began to take shape. Out of the mess and confusion came meaning — a deep need to help others find light in their own darkness.

I realised that my experience wasn't just something I had to get through — it was something I could use.

Helping others make sense of their pain, to see that healing is possible and that they can rebuild too, has been one of the most empowering parts of my journey.

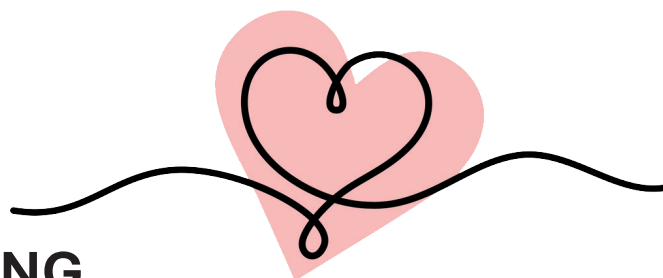
And when you reach this stage, you'll start to see that everything you've been through has prepared you for something bigger: the chance to live more authentically, more compassionately, and more fully than ever before.



“ Heartbreak will change you, yes — but it can also reveal you. ”



FINAL THOUGHT



HEARTBREAK IS LIFE-SHATTERING

— whether it comes as a shock or something you saw coming, but couldn't stop.

**But it can also
be life-shaping.**

**TIME ALONE WON'T SAVE YOU.
BUT YOU WILL.**

Through reflection, boundaries, honesty, and choosing yourself again — piece by piece — you'll rebuild something stronger and truer than what was lost.

If you're in that place right now, please believe this: you won't always feel like this. Healing doesn't mean forgetting — it means coming back to yourself.

With love,

Gill

THE HEARTBREAK COACH
heartbreakcoach.co.uk

