

# Coping with a Break-up

Understanding & accepting that a relationship is over can be tough. You might feel sad, angry, confused, lonely, embarrassed & like you'll never find love again. That's Normal!

*for teens*

**There's no magic cure for a broken heart, but here are ways to help you cope:**

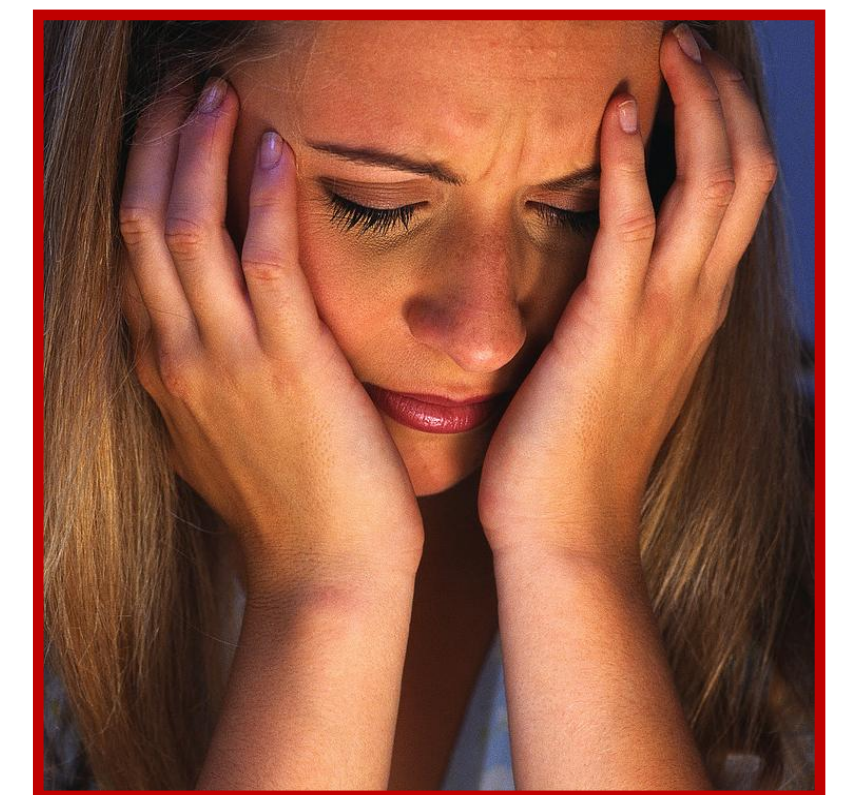
**Keep busy.** It can help to get involved in different activities. Focusing on other things can help you move on with your life, meet new people & discover new interests.

**Talk about it.** Sharing with others can help you feel like you're not alone.

**Write about it.** Putting your thoughts on paper is a safe & private way to cope with stress.

**Focus on your good qualities.** Are you a good friend or talented athlete? Do you have nice eyes or a great smile? It's easy to feel discouraged but remember your good points.

**Give yourself time to heal.** It may take a few days, weeks or even months. It's normal to feel like you won't ever get over it. Getting over a break up isn't easy so give yourself time.



**If you're in a relationship that you feel you can't get out of, try talking to someone you trust & who may be in a position to help!**



Kids Help Phone

1-800-668-6868

Mental Health Crisis Line

1-888-737-4668

NL Health Line

1-888-709-2929



Information adapted from [www.kidshelpphone.ca](http://www.kidshelpphone.ca)