



HEALING THROUGH HEARTBREAK

Strategies and Tools for Women



www.mommadramaandtrauma.com



SELF-CARE & EMOTIONAL REGULATION

DAILY JOURNALING

Process your emotions and gain clarity through daily journaling.

Prompt Idea 1: What am I grateful for today, despite the heartbreak?

Prompt Idea 2: What lesson am I learning from this experience?

Prompt Idea 3: How has my perspective shifted since the heartbreak?

Prompt Idea 4: What small moment today brought me joy or peace?

Prompt Idea 5: Who has shown me kindness this week, and how can I acknowledge it?

Prompt Idea 6: What part of myself am I proud of today?

MOVEMENT AS MEDICINE

Release pent-up energy and boost your mood through movement. Moving your body can help release stress, elevate your emotions, and reconnect you with yourself, even during tough times.

Suggestions:

- **Daily walks in nature:** Step outside, breathe deeply, and let the sights and sounds of the outdoors calm your mind.
- **Dancing to your favorite music:** Turn up a song that makes you feel alive and let yourself move freely—it's fun, freeing, and mood-boosting.
- **Yoga or stretching:** Gentle movement helps release tension, center your thoughts, and bring a sense of calm to your body and mind.

GUIDED MEDITATION

Find inner peace and reduce stress with guided meditations.

Tool Suggestions:

- **Insight Timer:** A free meditation app with thousands of guided meditations, music tracks, and talks from mindfulness experts. Perfect for both beginners and experienced meditators.
- **Calm:** A popular, beginner-friendly app for stress relief, better sleep, and mindfulness, offering a holistic approach to relaxation and emotional well-being.
- **Headspace** – Great for beginners; offers themed meditations for stress, sleep, focus, and anxiety.

BREAKUP BOX

When heartbreak hits, it can feel overwhelming—but a dedicated **Breakup Box** gives you a safe, comforting space to care for yourself. It's a tangible reminder that you deserve kindness, love, and self-soothing tools as you navigate the pain.

How It Works:

- Choose a small box, basket, or container that feels personal and comforting.
- Fill it with items that make you feel safe, calm, or nurtured—anything that brings you joy, even in small moments.
- On tough days, reach into your box and use an item as a gentle reminder to pause, breathe, and care for yourself.
- Pair it with a journal prompt, playlist, or affirmation to make the experience more intentional.

 **Freebie:** Printable Breakup Box Checklist

LIMIT CONTACT, SET BOUNDARIES

Protect your emotional well-being by limiting contact with your ex and setting healthy boundaries. Boundaries help you regain control, reduce stress, and create a safe space for healing.

Practical tip:

- Use your **Notes app** or a journal to track boundaries, note triggers, and remind yourself why these limits matter.

Examples of boundaries:

- Only communicate about logistics (co-parenting, shared responsibilities)
- Limit or pause social media interactions
- Set specific times or days for responses
- Take breaks from overwhelming conversations

CREATE A “NEW ME” RITUAL

Symbolically embrace a fresh start with a meaningful ritual. Breakups and major life changes can leave you feeling stuck or weighed down by the past. Engaging in small, intentional rituals can help you release old energy, honor your journey, and step forward with clarity and hope. Make a space just for yourself—a corner, a small table, or even a drawer—where you can keep items, notes, or reminders that support your healing and new beginnings.

Ideas for rituals:

- **Burn old letters or notes:** Safely letting go of past words can be incredibly cathartic, helping you release lingering emotions and create space for new beginnings.
- **Get a new haircut or style:** A physical change can symbolize shedding the old and embracing a refreshed version of yourself, boosting confidence and mood.
- **Redecorate or refresh your living space:** Rearranging furniture, adding personal touches, or decluttering can create an environment that reflects your current self and intentions for the future.

Tip: Pair your ritual with reflection—journal a few thoughts, set an intention, or say an affirmation aloud. This makes the act feel intentional and helps you mark this moment as the start of a new chapter.

FIND YOUR PEOPLE (MOST IMPORTANT, BASED ON MY JOURNEY)

Connect with supportive individuals who understand what you're going through. Healing from heartbreak or a major life change can feel isolating, but you don't have to go through it alone. Surrounding yourself with positive reinforcement and people who genuinely uplift you can make a huge difference in your emotional recovery.

Ways to connect:

- **Join positive online communities**, like the **Mama Drama & Trauma Facebook group**, where members share experiences, encouragement, and practical tips in a supportive, non-judgmental environment.
- **Explore Meetup.com** for local groups focused on healing, personal growth, or social connection—look for gatherings with a positive and welcoming vibe.
- **Check with your therapist** for recommended local support groups, where you can meet others navigating similar challenges in a safe and constructive setting.

Tip: When choosing a group, pay attention to the tone and energy—opt for spaces that uplift, empower, and provide constructive support rather than those that focus on negativity or drama. Being around positivity can help you heal faster and feel less alone.

SUMMARY

This free guide gives women practical tools and strategies to navigate heartbreak and begin their healing journey. By focusing on self-care, emotional regulation, and supportive connections, you can reclaim your strength, nurture yourself, and move forward with confidence.

Remember, you are strong and capable, even on the hardest days. Take a deep breath, be gentle with yourself, and know that each small step forward matters. You've got this. Always honor your feelings, your journey, and your healing. Take care of you. You are strong, you are worthy, and your story matters. —Jenny ❤️