

Strategies for Moving Forward as a Newly Divorced Single Parent



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Newly divorced parents have tremendous challenges. Just keeping your head above water emotionally, for the sake of your health and the kids, can be a daunting endeavor. However, finding contentment and healing in this new phase of life is possible with the right strategies. Read on for a few helpful tips.

Give Yourself More Time and Space

As much as you love your children, they can be [draining](#), especially if you don't have any outside help, which is why [taking care of yourself](#) is crucial if you want to be the best possible caregiver for your little ones. Making time for yourself isn't selfish nor does it mean that you care less about your family. In fact, setting aside alone time to rest,

relax and just bask in the enjoyment of silence will set you up for success. The more rested you feel, the more energy you will have for action-filled days and memory making.

One idea is to take some time off to recharge. You don't have to travel far; taking a "staycation" in Corpus Christi offers many opportunities to relax and enjoy life. If you're a beach lover, a stay in South Corpus Christi will have you [enjoying sandy beaches](#). If you're an avid bird watcher (or would like to get started), the Northwest Corpus Christi offers many opportunities.

Create more wellness for yourself by [eating healthy](#), getting more sleep and cultivating an exercise routine which works around your schedule. Diet and exercise parallel your mood by encouraging an increase in serotonin and dopamine, both energy and mood boosters that inspire more joy in your life, according to [Livestrong](#), so make sure that you incorporate wellness into your daily regimen.

Enlist Some Support

As your children cope with fears and anxiety of the separation, offer them support by communicating and reiterating your love. Establishing ways to help each other cope will help ease the impact of the divorce and strengthen your bond. You and your children will go through a range of emotions, which is normal. [Allow feelings to move](#) through you so that you aren't putting any unnecessary strain on your body and mental state.

Parents need emotional support also. Getting support from a friend, family member or community is all it takes to decrease the stress and anxiety of parenting. As the saying goes, [it takes a village](#) to raise a child and making sure they are emotionally intact after your divorce can sometimes be a bit difficult to navigate, but it is possible. If you are feeling particularly stressed out, talk to someone who can offer sound advice on how to move forward.

Sometimes support can come in the unlikeliest of places as well. Having a pet can have a profoundly positive effect on children, according to [Medical News Today](#), and those going through a divorce can also benefit from a furry friend in gaining more security and accruing self-confidence, especially in [tough times](#). Dogs can also bring calm to a home that is unstable, encouraging more play, resilience, and warmth.

Leaving a Positive Legacy

How you treat each other during this time will also determine the quality of life for you and your children. No matter how much money is put towards gifts, activities and outings, a family thrives on love. It's easy to feel down and out due to your situation, but for every problem, there is a solution.

Create new traditions if the old ones bring back bad memories. Visit a local bakery, watch movies, go for a [stroll in nature](#) with your kiddos. Focus on what time together means to you and your family and ground yourself in your priorities. Though material possessions can make connecting fun, try not to worry yourself with spending an exorbitant amount of money on your children, because it's the time that you share with them that will be what they remember.

It's isn't so much the idea of being a single parent that's difficult, it's how you view your new life amid divorce. Making time together unforgettable as a single parent can be daunting, but you've made it through the worst. Keep these tips in mind, and you'll see that the best is yet to come.

Personalized therapy sessions with [Dr. Shannan Crawford](#) can empower you with the tools, skills, and knowledge you need to live your best life. (817) 601-5540