



April 2024: Adjusting to Divorce



“Success is its own reward, but failure is a great teacher too, and not to be feared.” – Sonia Sotomayor

Welcome to the April 2024 edition of ***TotalWellbeing***, your guide to the **8 dimensions of wellbeing**. This month we explore the hard topic around navigating life after divorce. Navigating life after a divorce can be challenging, but know that you're not alone. Whether you're in the midst of the process or have recently finalized your divorce, it's essential to prioritize your well-being as you adjust to this significant life change.

Explore the articles and resources below to delve into the complexities of divorce, including strategies for helping kids cope with the transition. By raising awareness and helping support each other through this challenging time, we can help our families stay resilient even during times of separation and keep bonds and relationships intact.

Remember! As part of MINES EAP resources, you can access a broad range of support services to address issues related to divorce. These include free and confidential counseling, resilience-building workshops, and legal and financial resources for these complex situations. We're here to provide you with the support and assistance you need. Call or [log in](#) today for more details or to get started!

To your total wellbeing,
The MINES Team

This Month's Focus

Free Webinar:
[Helping You and Your Child Adjust to Divorce](#)

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Helping Kids Cope with a Divorce

Since about 1 out of 2 marriages in the U.S. end in divorce, many American children are affected by divorce each year. Those kids often feel trapped in the middle as the family splits up. If mommy and daddy don't love each other, they wonder, do they love me?

Anger, fear, separation anxiety, a sense of abandonment, sadness, and embarrassment are common reactions for most children. Some children may feel they are to blame for the divorce.

During the first couple of years after a divorce, your stress may get in the way of your ability to parent well. You can help make sure your children have a healthier transition when you:

[Read more...](#)

Moving From Grief to Acceptance

After a loss, it's not uncommon for people to experience grief. However, grief is not limited to experiences with death. Grief can manifest from the loss of a job, a move away from close friends, a divorce, or tough breakup.

Stages of Grief

Grief commonly occurs in five stages, however just as we are all different, our grief may also come in different forms. The five stages are denial, anger, bargaining, depression, and acceptance and serve as a framework by which we all may progress through the pain and grief we experience after a loss. Experiencing one or more of these stages can provide you the comfort and peace of mind that you are moving forward in a positive direction and coping with the loss you have experienced.

Stage 1: Denial

During denial, it's hard for you to believe that the loss has actually happened. You may often feel numb and in a haze. It is possible during this time to also carry on with your daily activities as if nothing has happened, and everything is the same as it was. This innate coping mechanism occurs as a survival mechanism. The shock and pain of loss is often too hurtful to take in all at one time. As time passes, however, acknowledging the event is an important part of healing and moving forward.

Stage 2: Anger

In the second stage, you become frustrated by the fact that you're vulnerable, that you have no control over what's happened, and you begin to look for the events and people that you can blame. Anger is the

bridge from numbness to feeling, and once you get through the anger, you are able to peel away the many layers of pain associated with the loss.

Stage 3: Bargaining

During this stage you often fall into “if” statements, such as “What if I had done this?” You want to bargain with your life to try and get back what you used to have, change what happened, or even try to replace the pain with something else.

Stage 4: Depression

In the fourth stage, depression sets in. You can begin to feel overwhelmed by the situation and hopeless about the future. You may withdraw from your life and feel as if there is no reason to go on. This can be a very difficult but necessary part of the grieving process. When you lose someone you love, it's a natural reaction to feel it in the deepest part of your heart.

Stage 5: Acceptance

The fifth and final stage is related to acceptance. You're finally able to accept the reality of what's happened and begin to look for avenues to move on. It's important that during this stage you accept how this loss has changed your life and stop wishing for everything to go back to how it used to be. Your life is forever changed and it is now time to seek out new meaning.

Moving on is related directly to the nature of the loss, how resilient you are to grief, and the support networks you have in place to assist you when hard times come. The order and experience with these stages may differ from one individual to the next, but that doesn't mean they're any less important. If you become stuck in one stage or are unable to cope with the loss over a long period of time, you might need to seek the assistance of a trained professional.

If you or a member of your household needs assistance or guidance on any of these wellbeing topics, please call MINES & Associates, your EAP, today for free, confidential, 24/7 assistance at 800.873.7138.

To access past issues of *TotalWellbeing* please visit our [newsletters page](#). This newsletter is aimed at providing helpful information about various aspects of your wellbeing and then connecting it all back to important and relevant parts of everyday life. If you have any thoughts, questions, or content you would like to see covered here please get in contact with us. You can email us directly by clicking [here](#).

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