

# Download How To Make The Most Of Separation Day

RULES to Follow to Make the SEPARATION Process Successful Set boundaries. Make decisions regarding your intimacy. Plan for financial obligations. Set a specific time frame for the separation. Communicate with your partner effectively. Stages of Marriage Separation. Find 15 minutes each day for exercise, which releases endorphins – the “feel good” chemical – in your brain. Treat yourself to a shopping trip or other indulgence. Or, make an appointment with a therapist. Do what feels good and right for you so you don't withdraw from life. Arrange for a family member, friend or dog sitter to come to your home and stay with your dog when you're not there. (Most dogs suffering from separation anxiety are fine as long as someone is with them. That someone doesn't necessarily need to be you.) Take your dog to a sitter's house or to a doggy daycare. If you are going through a separation or a divorce, then it can be one of the most traumatic things that anyone has to go through. You can be caught in a whirlwind of emotions: guilt, grief, blame, anger, sadness...all these feelings can hit you in one go and, somehow, you have to carry on with your normal life at the same time.