

Tell us what you think!



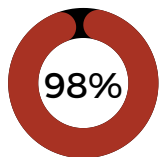
SOME TIPS FOR COPING WITH BREAKUPS DURING UNIVERSITY

DEALING WITH BREAKUPS

Check out the evidence!

BREAKUPS ARE NORMAL

Breakups are a common experience among young people, with



of young adults report at least one breakup.^{9, 10, 12, 14}

Although going through a breakup can be painful, research has shown they can be an **important part of understanding who we are and what works for us.**^{1, 13}

So breakups, although difficult, can actually be beneficial in the long term.¹³



Often, we and others hold relationship expectations based on comparisons with older generations. However, **relationship experiences have changed dramatically over the past two decades.** So comparing our timeline of finding partners to our parents' generation is unhelpful!¹⁷



As times change, so do our relationships!



Young people today are more likely to **explore and experiment** before long-term commitment, thus having **more breakups** than previous generations.^{1, 6, 13}

TIPS FOR DEALING WITH A BREAKUP

1 One size does not fit all!

- Just as each relationship is different, so is each breakup.
- The length of the relationship doesn't measure how emotional we will feel about the breakup.
- We might come out of a 5-year relationship and feel okay, or break off a 2-month relationship and be completely broken-hearted.

REMEMBER

Not all break-ups are the same!

Stay mindful of this and try a **variety of strategies to determine what is most helpful to you in the moment.**

2 Give yourself time to feel your emotions

- Feel all of your emotions (even difficult ones), **with acceptance and non-judgment** as this is an important part of healing.
- Don't minimize** or ignore what you're feeling; this can prolong the normal grieving process.

View the Riding the Wave resource

for ideas on how to deal with intense emotions as you go through this time.

3 Reflect on the relationship

- Take the opportunity to **reflect on what you may have learned** from this relationship.
- Avoid placing blame** – try to see it as someone outside of your relationship would.
- Use this as a chance to **process** what you've experienced for your own **growth.**

One way to help us reflect is by **journaling!**^{2, 19} We can try it out 10-15 minutes, a few times per week.

Journaling Prompts

Describe your thoughts/feelings about the breakup.

What can you take away from this experience?



Sometimes, reflecting on our relationship can be **overwhelming.** If that's the case, try out other strategies!

4 Try mindfulness

Being mindfully aware of our thoughts and emotions (i.e., acknowledging what we are feeling with non-judgmental acceptance) during a breakup will help us deal with our emotions and feel better overall.^{3, 4, 7}



View the **Mindfulness** resource!

5 Practice self-care

Continuing to engage in self-care activities that we enjoy to support our overall well-being as we cope with the breakup is important!⁸



View the **Self-Care** resource!

6 Do something kind for yourself

This looks different for everyone!



Make a point of doing things that you enjoy or get comfort from.



Watch a favourite movie, spend time outdoors, or re-read a favourite book.^{5, 15}

7 Go back into a regular routine

- Reducing pressure on ourselves can be helpful at the beginning of the breakup.
- After the initial intense upset feelings, **getting back into a daily routine** will help us regain control and a sense of normalcy.^{16, 18}



8 Don't let social media relationships bring you down

Be careful of “fake happy” social media posts that seem to show an ideal relationship.

Social media posts are **often staged**, as they reflect how the person wants to present themselves to the world, not their reality.



People who are the most vocal about their relationships on social media are usually the ones not doing the best.

Looking at social media posts can make us feel worse, **so don't be afraid to disconnect.**

9 Reach out to family and friends

Surround yourself with supportive friends and family **who are understanding** of what you're going through.

Be selective and seek support from those who **don't minimize what you're feeling.**



Talking to them can help normalize how you are feeling.

Breakups can be challenging, so it's important to **stay connected.**¹¹

RESSOURCES TO CHECK OUT

Listen to our Dealing with Breakups podcast, in which students share their experiences and talk about how to deal with this challenge during university.

Listen to the **Dealing with Breakups** Podcast!



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