

A woman with long, wavy brown hair is seen from behind, sitting on a rope swing. She is wearing a light-colored, long-sleeved shirt and shorts. The swing is positioned over a body of water, and the background shows a sunset or sunrise with a soft, orange and pink sky. The text 'BREAKUP survive & thrive Handbook' is overlaid on the image. 'BREAKUP' is in bold black uppercase letters, 'survive & thrive' is in a thin black outline font, and 'Handbook' is in a purple cursive font.

BREAKUP
survive & thrive
Handbook

peta april woolan

survive & thrive

Handbook

*Just when the caterpillar thought the world was over..
it became a butterfly.*

Healing from heartbreak is a sensitive and personal process and most often not linear. Some days you'll feel a bit better and some days you'll feel worse.

It can seem like 2 steps forward and 3 steps backward sometimes but don't get upset with yourself and think that you're not healing. Just take a moment to consider what triggered the setback and if there's any steps you can take to prevent it from reoccurring.

You'll start to notice that the times you feel better become longer and more frequent. But they will be sprinkled in with times when you might feel really sad again. Emotions usually come in waves.

And you can speed this process up by doing the inner self work and taking empowered action on the advice and recommendations in this handbook..

Just like when a caterpillar transforms into a beautiful butterfly, inside the chrysalis can feel dark and isolated. Not only will you heal and find your sparkle for life again, just know that a metamorphosis is also taking place. Undoubtedly, this break-up will change you. You will emerge from this a new, magnificent, happier version of you.

Peta xo

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Handbook

1 / The one powerful action that makes THE biggest difference in your recovery time.

It will be a long, slow and painful road to recovery if you're still in contact with your Ex. I cannot stress enough that THE most important step is to take a minimum 90 days - Zero Contact. Otherwise it will only prolong your healing indefinitely. If your situation has gotten into the realm of 'love addiction' then you'll probably have resistance to doing this.. but it's exactly what is needed for anything to improve. There's no sugar-coating this one. A complete ex-detox is imperative in order to get your emotional stability, confidence and happiness back.

2 / Clean up your environment.

Remove any emotional triggers of him and the relationship. By that I mean take deliberate steps to avoid any unnecessary contact with anything that reminds you of him. For now. Put away as many sentimental items as you can. Put them all in a box and leave them in the garage or at a friend's house. Including removing his contact numbers from your phone/computer and disconnecting from any of his social media, no facebook/insta stalking, no drive-bys or talking to his family or mutual friends about him. Cold Turkey.

3 / Be gentle on yourself.

You will feel conflicted a lot, the part of you that still wants to be with him, and the other part that knows it's not for your highest good. The part of you that adores him and the part of you that resents him and so on. It's a natural struggle/pain that we experience when our whole being is feeling conflicted, but trying to resist it or suppress either part won't work. It's more about 'allowing' the uncomfortableness and accept that you have these conflicted parts of yourself rather than fighting it. Don't criticize yourself for anything. You're doing the best you can and that's good enough.

4 / Do more of what makes you feel good right now.

Try to stay in the present moment rather than replaying the past or getting anxious about the future. Just ask yourself... "In this moment, what's one small thing I can do right now that will make me feel a bit better?" And take it from there.. Wear your favourite shoes, perfume, play with your pet, listen to your happy music, sing and dance, get close to water or nature or animals more often. Go and get a new haircut, a massage or outfit. Hang out with friends, do whatever it is that you know makes you feel great.

5 / Allow yourself to feel what you feel.

What we resist, persists and we can only heal what we can feel. Be with your pain. Hold yourself through your pain. Love yourself through your pain.. The deeper the pain you are in right now, the greater is your opportunity for growth. Give yourself permission to cry. I mean a really good 'ugly cry'. Crying is like a salt water cleanse for the soul. Let it all out, and you will feel so much better within a few minutes from the release of the trapped emotion.

6 / Journal.

Release writing is also a great emotion buster. Just the act of allowing words to flow from head to hand without worrying about grammar or spelling or structure, but the right brain to left brain process helps to dissipate any unwanted emotions within a few minutes. If you're feeling a bit sad, overwhelmed or emotional, try just writing aimlessly about anything that comes up. Set a timer for 5-10mins and you will feel a lot better.

7 / Start a Daily Gratitude Practice.

This will spark a wonderful shift in your thoughts, feelings and overall mood once you have been consistent with it for at least a week. It could be as simple as writing down the top 3 things you are grateful for in your journal each day, using a gratitude jar, an app or a special gratitude notebook.

8 / Move.

Alternate rest with movement and activities that bring you joy. Alternate alone time with friend time. If you can schedule in regular exercise, even just going for walk to soak up some vitamin D it will help you to feel calmer and more positive by allowing some of the trapped emotion to move through your body.

9 / Nourish Your Body.

Our body needs energy for repair and it's natural defence mechanisms might be weakened. Allow yourself lots of rest. Make a conscious effort to have regular, healthy meals even if you manage to eat only small portions. Buy the best food you can afford, set the table nicely and make eating a ritual that makes you feel good about yourself. Drink plenty of water or herbal tea. Stay away from sugar and junk food which can affect your mood and energy levels and may make you feel worse. If you're feeling anxious, avoid coffee or other stimulants which can exacerbate anxiety.

10 / Meditate Daily

Meditation is wonderful for feeling peace and calm and easing the mind from overthinking and worry. It will help to realign your confidence and self-esteem and connecting with your higher self may give you clarity and answers. Set aside time each day to meditate. There are many great phone apps with free meditations you can find by searching the app store. Eg. Insight Timer, Simply Being, Smiling Mind, Stop Breathe Think, Soulvana.

11 / Use Aromatherapy.

Essential oils act on the limbic system of our brains (the area that controls our emotions and memories). Certain oils like Lavender, Frankincense, Sandalwood, Bergamot, Chamomile, Rose, Mandarin, Neroli can improve mood and relieve unwanted emotions like anxiety, overthinking, worry and stress, heartache and overwhelm. Use a high quality or therapeutic grade oil or a pre-mixed blend in a diffuser, personal inhaler device, or rub a massage blend into the skin.

12 / Try herbal and flower essences

Natural plant based remedies can have a calming and soothing effect on the emotions. Try Bach Rescue Remedy drops or pastilles

13 / Paracetamol

Neuroscience studies have shown that the same part of the brain is activated during emotional pain as when we experience physical pain and that in times of extreme distress taking a Paracetamol can provide some relief from emotional pain.

14 / Rose quartz crystal.

Crystals, particularly rose quartz has energetic properties that are very healing and nurturing for heart wounds. If you have any carry it with you, place it under your pillow etc. (there's a reason quartz crystal is used to power watches and store electronic data!)

15 / Earthing, bare feet on grass.

This practice is very grounding. If there's a park nearby or you can get outside somewhere with your shoes off and walk on the grass. You can learn more about the incredible healing benefits of Earthing -> Watch

16 / Do one thing every day that makes you feel proud of yourself.

Consciously praise yourself for even the tiniest accomplishments. When it seems too hard to get out of bed, actually having a shower and washing your hair already is something to be proud of!

17 / Buy yourself your favourite flowers.

Flowers help us heal. They give us beauty and take the fear and anguish. As a gift from you to you – even if you can only afford to buy one stem.

18 / Have one friend who you can call

Talk it out with someone when you're feeling overwhelmed or emotional. Be mindful however that as much as it helps to talk, focussing on and talking about your ex/the relationship persistently to anyone and everyone who will listen will only continue to activate them in your system, perpetuate obsessive thinking and slowing down your recovery.

19 / Plan your weekends

Weekends might be particularly challenging times. What comforting activities can you schedule into these periods of time? Maybe a girls' night in with your favourite movies? Or dinner with friends? Check out a new yoga class? Plan ahead so that even if you don't feel like it, you're not at home feeling sad/alone when the weekend comes around.

20 / Don't torture yourself with "what if/If only" scenarios

When you notice yourself running these scenarios in your mind, make a conscious effort to shift your thoughts and to focus instead on something you actually feel good about. It might seem difficult to stop at first but it gets easier with practice. Set yourself an exciting new goal to focus on so that you have something to look forward to in the next few months. A new hobby, interest or holiday, a health goal or something creative or expressive.

21 / Always remember that you are already in the most important relationship of your life

And that is the one you have with your precious self. It is the foundation for everything you have in your life including your future romantic relationships. Be truly there for yourself (as you would with your best friend) with self-compassion, self-care and self-love.



about the author

Peta April Woolan is a transformational relationship coach, speaker and break-up recovery specialist for spiritual, evolving, conscious women.

As an independent but highly sensitive and emotional soul, she's had more than her share of devastating, heartbreak, betrayal, infidelity, disappointment and emotional pain in relationships. That soul destroying feeling like your whole future has been ripped away from you, along with any chance of happiness and that your life will never be the same ever again.

But along the way she discovered that inside of every painful heartbreak lies the opportunity for accelerated healing, personal growth and to transform our whole experience of love. Being 'cracked open' by

a breakup reveals the inner love blocks and patterns that need to be healed so we can experience a new more elevated love within a beautiful sacred partnership.

Peta's not only experienced this personally but helped hundreds of women all around the world transform their lives and relationships using a unique combination of psychology, coaching, mindset and emotional regulation technologies (N.L.P.), spiritual heart-centred practices and energetic clearing techniques.

Most of all she is super passionate about ensuring that not only will THIS failed relationship be your very last but that it becomes THE catalyst for your complete love transformation so you can manifest a whole new high vibration life and love.

Interested in 1:1 support with your break-up? Healing and reprogramming unhealthy love patterns? Apply for a complimentary Breakup to Breakthrough session with Peta -> [CLICK HERE](#)

