

## Dealing with the Stress of Divorce

Any life transition can be stressful; and of all the stressful situations life puts us in, coping with divorce is one of the most difficult of all, particularly when you find yourself trying to juggle everyday activities with your child and divorce proceedings. It can, indeed, be quite a mental and emotional challenge.

There are a few things to try and keep in mind as you learn about how to get a divorce and as you seek divorce support by the way of a lawyer, financial planner, and/or mental health professional. It will help you to get the most out of all your efforts.

### Put your children first

Remember that your children did not make any of the choices that resulted in your divorce. They shouldn't have to suffer the most as you go through with it. While an easy divorce is usually rare, treating your estranged spouse with respect and dignity will make the process less painful for the little ones.

### Keep your financial situation in mind

If a professional offers divorce advice that may result in a low cost divorce, such as mediation, set your ego aside for a moment and be willing to negotiate. Details such as alimony and child support payments can be discussed calmly and rationally.

### Choose the right lawyer and, if necessary, a Certified Divorce Financial Planner

These professionals should offer you the best divorce help and divorce information. Depending on your situation, you may want to interview them to ensure that they specialize in divorce for men or that they are well-informed regarding any issues about women and divorce. Consult with them often if you can afford it.

### Seek professional counseling for you, your estranged spouse, and your children

This is perhaps the most important divorce advice. In the whirlwind of legalities and financial considerations of reaching an equitable divorce settlement, everyone can easily be carried away in the drama and forget what is important. Life after divorce can be much happier the sooner your family begins to sort things out.

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### About the Author

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