

Managing Separation and Divorce

Separation and divorce can be emotionally and physically challenging. It's normal to experience a mix of emotions and uncertainty about the future. Here are some practical tips to help you navigate this transition.

Understanding Your Reactions

Emotional and Physical Response: Stress can take a toll on both your mind and body. You may experience headaches, restless sleep, loss of appetite, or difficulty concentrating.

Flood of Feelings: A range of emotions—anger, resentment, grief, relief, fear, sadness—can surface for both partners, often in unpredictable waves.

Individual Experience: Everyone processes separation differently. Even if one person seems to be moving forward, it doesn't mean they are unaffected.

Taking Practical Steps

Get Legal Advice: A lawyer can provide you with accurate information about what the law is around parenting arrangements, property settlement or divorce.

Set Yourself Up Financially: Apply for Centrelink and Child Support. Consider seeing a financial counsellor to make a financial plan.

Now What? Consider the type of relationship you want with your ex-partner, especially if you share children, financial commitments, or business interests. Establishing clear communication can help manage ongoing interactions.

Communicating: Remaining calm, respectful, and using effective communication strategies can ease tension and support a smoother process.

Slow Down: Major decisions require careful thought. Take time to process requests and consider how they will impact you, your children, and your future.

Exploring Your Options

Consider Your Path Forward: You might be able to reach an agreement independently, or through Family Dispute Resolution (FDR). FDR is an opportunity to resolve any disagreements about how the assets are divided or what the arrangements should be for the children. If an agreement can't be reached you can proceed with court action, which can be costly and stressful.



SCAN FOR MORE TIP SHEETS

PTO





Managing Separation and Divorce

Separation and divorce can be emotionally and physically challenging. It's normal to experience a mix of emotions and uncertainty about the future. Here are some practical tips to help you navigate this transition.

Protect Children

Avoid Involving Children in Conflict: Do not ask them for information or speak negatively about the other parent.

Focus on Children's Needs: Take time to connect with your child and tune in to their support needs, you may need to engage a children's counsellor and/or get professional advice.

Focus On a Healthy Co-Parenting Arrangement: Think about how to build a positive co-parenting relationship with your ex. It isn't always easy but well worth the investment.

Looking After Yourself

Prioritise Your Safety: If you feel unsafe, contact a family violence support service. They can support you to make a plan, apply for a Family Violence Restraining Order and increase the security in your home.

Self-Care Matters: Emotional, physical, and financial stress can take a toll. Prioritise rest, eat well, limit alcohol, and stay active to support your wellbeing.

Build Your Support Network: Talk to someone who listens without judgment. This could be a friend, colleague, family member, or a professional counsellor.

Helpful websites:

Family Relationships Advice Line: <https://www.familyrelationships.gov.au/talk-someone/advice-line>

Family Court of Western Australia: <https://familycourt.wa.gov.au/>

Legal Aid WA: <https://www.legalaid.wa.gov.au/find-legal-answers/family/separation-and-divorce>