

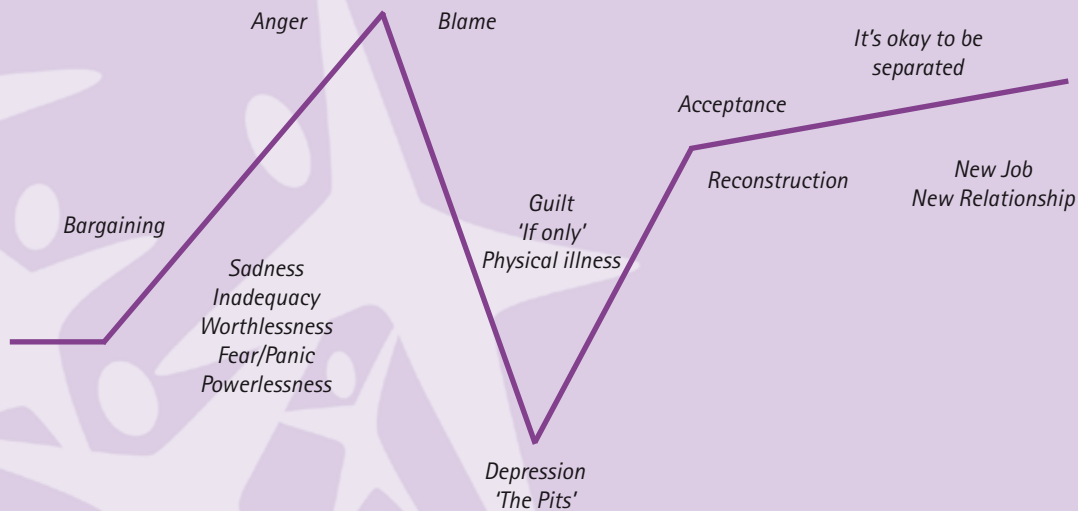
2



Family Support Agency

The end of a relationship – a time of grieving and loss

Family Mediation Service



Will I experience all these feelings?

Not necessarily. The length of time and depth of each experience is different for everyone. You may experience one or more feelings occasionally, for a short period of time, or struggle with them daily. It is a painful time.

Why do I feel so physically unwell?

Because

- Your energy level may drop, leaving you tired, drained and unable to complete even small tasks.
- Your body may feel strange with changing appetite, sleeping problems, difficulty talking, sweaty palms or shortness of breath.

Sometimes I feel I'm going crazy. Is this normal?

Yes

- You may feel spaced out, unfocused or off balance, as if you're going crazy.
- Your emotions may seem overwhelming, and cause waves of guilt, insecurity, emptiness or anger to flood over you at times.

If only things could have been different

- It's not unusual to spend a lot of time thinking about what you might have done to prevent the break-up. "If only" can be a common theme causing feelings of guilt.
- You may feel depressed or that life has lost its meaning. You may feel lonely or isolated.

What should I do?

- Look for and ask for support from someone you can trust.
- Stick to routine activities and give yourself plenty of rest.
- Consider counselling or joining a support group.

Remember

- The adjustment to your loss takes time: Holidays and anniversaries can bring on painful feelings.
- Do not have unrealistic expectations of yourself.
- Some days will be better than others.

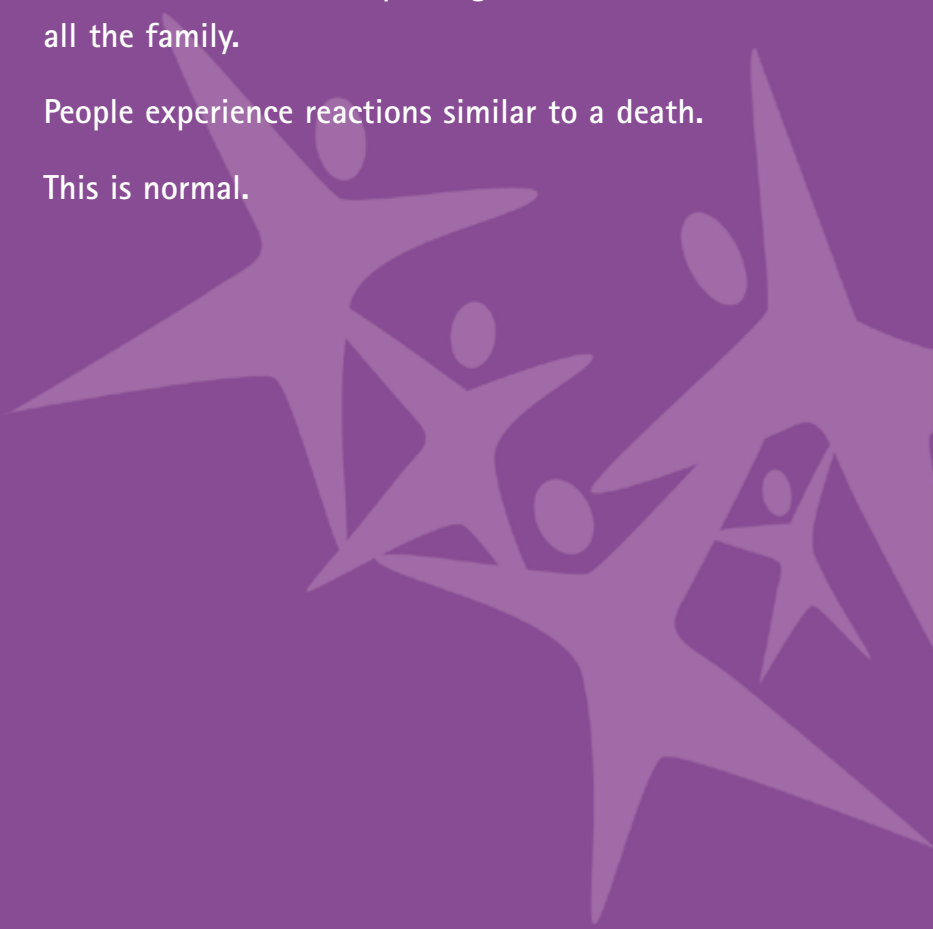


The end of a relationship – a time of grieving and loss

The end of a relationship is a great loss for
all the family.

People experience reactions similar to a death.

This is normal.



The Family Mediation Service is a state run service staffed by professionally trained and accredited mediators. It was set up in 1986 and now operates under the auspices of the statutory Family Support Agency. There are 16 offices located around the country.

Full-time offices are located in the following cities:

DUBLIN

St. Stephens Green House,
Earlsfort Terrace, Dublin 2.

Telephone: (01) 634 4320 Fax: (01) 662 2339

LIMERICK

3rd Floor, Riverpoint, Lower Mallow Street, Limerick.

Telephone: (061) 214310 Fax (061) 312225

CORK

Hibernian House, 80A South Mall, Cork.

Telephone: (021) 4252200 Fax: (021) 4251331

GALWAY

Ross House, Merchant's Road, Galway.

Telephone: (091) 509730 Fax: (091) 567623

For information on the location of other offices, please contact one of the above numbers or visit www.fsa.ie/familymediation