

## Some Heartbreak Survival Tips from Dr. Anna

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**Received date:** December 21, 2023; **Accepted date:** December 29, 2023; **Published date:** January 08, 2024

**Citation:** Anna Beyer, (2024). Some Heartbreak Survival Tips from Dr. Anna. *J New Medical Innovations and Research*, 5(1);

**DOI:**10.31579/2767-7370/076

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Never try to get over heartbreak with pop music. It will only make it worse, because it conditions you to think: 'I am in love! I am in love! I am heartbroken! I am heartbroken!'. Just listen to a random pop music radio station for proof. Rather try wordless music (classical or electronic or meditation music).

Try not to live alone after separation, move into shared accommodation or activate your network of friends. Does not mean you need to immediately find a partner again, but you need some hugs and some chats. Online friends might replace this somewhat, but some physical friends too are better.

Common after split ups is heavy drinking. This can be helped with a proper high carb high calorie diet. Alcohol is sugar. You can fight the cravings with eating sufficient pastas, breads, might want to add some sweet stuff too.

If you start smoking (some people do after breakups) use safe, artificial forms of nicotine (artificial nicotine does not cause cancer) such as the gum, vapes or Swedish pouches.

Rest and sleep enough/a lot. Sleep heals the soul, you process a lot of stuff

in sleep. Allow yourself to grieve with that.

Otherwise, find some old or new activity. Something to throw yourself into. Writing helps me process a lot.

When I was younger, I had the tendency to travel far or move cities after a major heartbreak. I don't prefer this anymore, because it's pointless and far too radical. You can meet old loves again and be peaceful friends later, it is possible. If you move, you don't have that luxury, and you lose all your friends too.

If you develop depression: avoidance of isolation (isolation according to the classical literature on suicide is the biggest killer), enough love in your life (you can pray for love for yourself and others, means you need to love, and you need to be loved. You can also try with being nice. Both works.), and a healthy ego (there is no point in ego death. Ego death risks suicidal tendencies. Healthy ego depends on enough compliments and self-confirmation, a good self-worth) protect.



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