

Coping with Separation

Adults

Use the 4 M's:

- **Maintain**
 - Stay in good physical condition—exercise.
 - Eat balanced meals—cut the junk food.
 - Get plenty of sleep.
 - Keep in touch with positive people.
 - Avoid things that make you feel worse, and do the things that make you feel good (but, see next).
 - Avoid spending sprees.
 - Set goals.

- **Manage**
 - Manage your life.
 - Become a volunteer.
 - Organize a support group.
 - Know your limits—it's okay to say no.

- **Monitor**
 - Be aware of early signs of stress.
 - Ask for help if you need it.

- **Maneuver**
 - Relieve stress—do relaxation exercises.
 - Do a little daydreaming.
 - Use coping strategies that work for you and your family.
 - Stop and smell the roses.

Children

- Be consistent with discipline.
- Help children communicate with the absent parent.
- Spend special time with the children.
- Ensure proper rest, nutrition, and exercise.
- Encourage them to spend time with friends.
- Discuss their feelings about missing the absent parent.
- Praise your children.
- Be proud of your children and their contributions.
- Take good care of yourself.