



Women's

FINANCIAL WELLNESS CENTER

Episode 008 – Shelly Smith, LMFT – Mental Health & Wellness

For someone who is going through divorce, it is not a cake walk. It's more like riding on a never-ending emotional rollercoaster. Emotions are all over the place and it may feel like you are in a pit.

Women going through divorce are constantly seeking guidance and directions on how to manage their feelings, and on how to improve their self-compassion. Shelly Smith, a Licensed Therapist on Marriage and Family Therapy, shares her insights on how women can be empowered during these tough times.

Listen in as Shelly and I talk about:

- Self-care and how we can practice self-care in such a rocky, emotional time of our lives
- What major shifts happen when you are going through divorce and what can you do about them
- Self-compassion and how can having this present during divorce can help us feel much better
- How self-talk is an important aspect in achieving self-care
- What tools you can use to uplift your confidence and worth during these times
- How changes in our personalities shift and what it could mean to our relationships
- How negativity is privileged and positivity is ignored and how that influences divorced women

Shelly shares these tips for mental health and wellness self-care:

- Self-care includes the little things that we often not think about and are fundamental to supporting ourselves emotionally.
- It's necessary that we don't bottle up our emotions because holding it in is not healthy and may hurt us in some ways.
- Being self-compassionate can help in the whole process of divorce.
- It's helpful to understand that emotions can change day by day, but remember that it will get better through time.
- There are two things you can do everyday: giving positive self-talk and setting boundaries.

Shelly gives chunks of helpful advice on how to come out of the places we are struggling. We have to keep that in mind, "A mind that is stretched by a new experience can never go back to its old dimensions." – Oliver Wendell Holmes

RESOURCES:

Shelly Smith, LMFT

Co-Founder, United Counseling & Wellness

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SPECIAL OFFER:

Mention the Divorce Conversations Podcast and receive a FREE phone consult.

QUOTES:

“Self-care is opening up to people when you need to get the emotions out in the moment.”

“Realistically, there’s not much you can do to fight the emotional waves, but you can learn how to surf them.”

KEYWORDS:

Emotions, Divorce, Self-care, Self-Worth, Self-compassion, Self-Talk, Empowerment, Marriage, Family Therapy