

DIVORCE

Survival Tools

For Men

 **Over Divorce**

60 Tools In 60 Seconds

To Gain Control Of Your Life

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60 STEPS IN 60 SECONDS

TIPS AND TOOLS TO GAIN CONTROL OF YOUR LIFE AND BECOME A BETTER MAN

We have some bad news for you. You are going through one of the hardest times you'll ever face in your life. Dealing with a divorce will test your emotional, spiritual, and physical limits. It will zap your spirit and sap your strength. You'll want to cry, scream, and kill. How do we know? We've been there.

The question is: *What are you going to do about it?*

Are you going to let this consume you? Or are you going to see this as an opportunity—an opportunity to make yourself into a better man.

Both of us have been through a divorce. We've experienced the devastation first hand. We've had sleepless nights. We've thrown up because of stress and anxiety. We've torn up pictures. We've had fits of rage and been unable to get out of bed. We also searched for resources for men that were going through separation and divorce but found very little. We just had to work it out ourselves.

Determined not to let our lives be ruined by divorce, we set out to make our lives healthier, happier and better. We looked at every major area of our lives life and tried to improve on it.

Along the way we've learned a few things that helped us through this difficult time and hopefully will work for you. This guide is the compilation of our experiences. We have also put together a [Podcast](#) that you might want to check out.

The guide contains some practical advice for men. It is designed to give you something to focus on and work toward while you are going through your separation and divorce.

With some of these exercises you will see and feel results right away. Others won't provide immediate gratification, but the results will materialize over time. This guide is about developing small habits that together will give you a better more fulfilling life. We encourage you to keep an open mind—don't dismiss things out of hand. Try things that make you uneasy. Growth comes from living outside your comfort zone. But don't put too much faith in any one thing. If you try something and it doesn't resonate with you, move on.

This guide is organized into 5 sections. We'll focus on your body, your mind, your social life, your look and your space. These areas are specifically targeted because they have the biggest impact on feeling better and getting the most control of your life. Within each of these sections, there are 60 little habits and tools that you can implement. Even though they are small don't be

fooled by their ability to impact your life. Also, don't try and take on more than 1 or 2 habits every 30 days. If you try and do any more than that you will end up creating more stress and it will become counterproductive.

With these small steps, one minute at a time, you can get control of your life, overcome your divorce and make yourself into the man you always wanted to be.

All the best-

A handwritten signature in black ink, consisting of a stylized 'TB' followed by the name 'Adrian'.

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MAKE YOUR BODY A TEMPLE

It all starts with implementing good self-care habits. Taking care of your body is critical to feeling good and inside and out. What you do, eat and think are vital to getting and staying healthy.

[01] DOCTOR'S ORDERS

How long has it been since your last physical? Here's a tip: If the last time you saw your doctor, your mom made the appointment, it's ¹been too long. Guys are notorious for not going to the doctor. If it's been longer than a year, make an appointment for a checkup. Also make sure to talk with your doctor about the tips in this guide to make sure that they're right for you.

60 Sec. Pick up the phone and call your doctor. Make an appointment for next week.

[02] GET MOVING

Exercise is proven to be just as effective as antidepressants² to help with depression and it doesn't have any crazy side effects. It can help you to relax, increase your brain power, and improve your body image, even if you don't lose any weight.

Think you can't get a workout in a minute? Well you are probably right, especially if you are already going to the gym on a regular basis. If that is you, go ahead and skip this section. But if the last time that you broke a sweat was opening up a bag of pork rinds then it's time to get in shape. But start small and don't overdo it.

60 Sec. Start by seeing how many jumping jacks you can do in a minute. Yea at first it sound kind of lame but if over the course of the next few months you add a minute of push-ups and then squats,

¹ <https://www.bluecrossma.com/wps/portal/members/healthier-living/manage-my-health/screening-guidelines-adults/>

² <http://europepmc.org/abstract/MED/6280014/reload=0;jsessionid=hyUcxM2OVbfspnSEV8eM.50>

followed up with sit-ups, etc. it can add up fast. Think about it—simply adding 60 seconds a day to each work out over the course of a month you'll be exercising 30mins a day—one day at a time!

[03] OUT WITH THE BAD, IN WITH THE GOOD

You thought breathing was one thing you really couldn't screw up, right? That's true, but you probably could be doing it better³. Breathing correctly can help improve your mood and keep you performing at your best. Oxygen is critical to your mind and body. Not getting enough makes you sleepy if you're lucky and crazy if you're not. Deep breathing elevates this by bringing oxygen into the brain in a way that also helps to reduce stress and tension.

In order to breathe properly you need to breathe deeply into your abdomen, not just your chest. Breathing exercises should be slow and rhythmic—in through the nose and out of your mouth.

60 Sec. *Here is a breathing exercise that will help you get energized, calm your anxiety, and focus your thoughts.*

- 1. Counting to 5, inhale through your nose. Expand your belly with your breath then fill your chest.*
- 2. Hold and count to 3.*
- 3. Exhale fully, counting to 5, from slightly parted mouth. Blow out your stress and anxiety with your breath.*

[04] HYDRATE OR DIE

Water is your body's principal chemical component and makes up about 60 percent of your body weight.⁴ Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells, and provides a moist environment for ear, nose, and throat tissues.

³ <http://www.marksdailyapple.com/how-to-breathe-correctly/>

⁴ <http://www.mayoclinic.com/health/water/NU00283>

Lack of water can lead to dehydration which can drain your energy and make you tired. So how much fluid does the average healthy adult need? The Mayo Clinic determined that an adequate intake for men is roughly 3 liters (about 13 cups) of total beverages a day.

60 Sec. Get a kick start on those 3 liters by drink at least half a liter of water when you first wake up. Room temperature seems to be the best. However, adding tequila and lime doesn't count.

[05] CHECK YOUR BOYS

Testicular cancer is the most common form of cancer⁵ in males between the ages of 15 and 34. Fortunately, testicular cancer has a very high probability of cure when diagnosed and treated in its early stages. This tip should only take about a minute so take it easy there happy hands.

60 Sec. Yep, time to roll the old boys around in your hands and feel for hard lumps or masses. Head to the doctor if you suspect anything is amiss.

[06] MEAL TIME

Don't give in to the junk. It's so tempting to get lazy when you're single—no one to answer to, no one giving you the stink eye when you're on the three fast food meals a day plan. When there is no one to provide and to cook healthy meals for you that microwave burrito seems like the best, easiest option. The occasional drive-through run is one thing, but don't make it a habit. You have to keep *yourself* in check, even when no one is looking.

60 Sec. At the end of the day take a minute to think about or write down your meals for tomorrow. This will help keep you on track and eating healthy⁶.

⁵ <http://www.nlm.nih.gov/medlineplus/ency/article/001288.htm>

⁶ <http://lifehacker.com/5964540/keep-a-daily-food-diary-to-track-your-diet-lose-weight-and-build-healthy-habits>

[07] GROCERY HELL

Healthy eating doesn't start in your kitchen. It begins when you wheel your cart down the aisles of your local supermarket. But supermarkets can be daunting places. Cookies, chips, and beer beckon at every corner.

So that you don't get seduced by the snack foods and make impulse purchases you'll later regret, never venture into your local supermarket without first arming yourself with a healthy grocery list.

Having a well-organized, well-planned grocery list will not only get you in and out of the store quickly, it also will keep your healthy eating plan on track and help keep you on budget.

60 Sec. Before you head to the store, take a few seconds to poke through your cabinets and refrigerator and jot down a list of wants and needs. Making a global list one time, and then checking off the things you need every time you shop is a huge time-saver. Also, if you don't feel like cooking, grab some frozen dinners that are good for you; ⁷"Amy's Kitchen" dinners are always a crowd pleaser.

[08] KALE SHAKES, BITCHES

Kale is one of the healthiest vegetables on the planet. One cup of chopped kale contains 33 calories and 9% of the daily value of calcium, 206% of vitamin A, 134% of vitamin C, and a whopping 684% of vitamin K. It is also a good source of minerals copper, potassium, iron, manganese, and phosphorus.

Nutrient dense and packed with energy, this easy recipe only takes about a minute to whip up and it makes for a great meal or snack that will keep you going.

60 Sec. This is the Joe Rogan kale shake recipe. If you haven't heard of him, you need to check out his podcast at www.JoeRogan.net – it's funny shit. Throw all of the following into a blender, mix it up and drink it down:

1 tbsp. ginger (peeled and chopped)

2 cloves of peeled garlic

⁷ <http://amyskitchencreations.blogspot.com/>

1 pear, seeded and chopped

1 cucumber, with skin

2 tbsp. coconut oil

1 cup water and ice

3 stalks celery

2 stalks kale

Don't have the energy to pull this crazy concoction together? Grab some premade smoothies. "NAKED" smoothies are great and available almost everywhere.

[09] STRETCH IT OUT

Sitting still for hours at a desk or in front of a computer is one of the worst things you can do to your body. So do something good for it too, without even getting up: stretch. Try some desk stretches to work out the kinks and give yourself a quick energy boost.

***60 Sec.** Shrug your shoulders 5 times to release neck tension. Roll your head in a circle, first clockwise, then counterclockwise. Repeat 3 times. Then, with your arms outstretched in front of you, clench your fists and make small circles with your arms, first one direction and then the other, repeating 10 times. Shake out your hands. Try doing this series of stretches once an hour if you can. Do this in a broom closet at work, if you are afraid of looking like a total freak.*

[10] KEGELS—NOT JUST FOR BREAKFAST ANYMORE

What the hell is a Kegel? Kegels are exercises that help you zero in on and strengthen muscles below the bladder that help control urination and erections⁸. If you practice Kegel exercises a few times daily, you will likely improve erections and see significant improvement in your ability to have more intense orgasms. (That's what I'm talking about!) Kegels are easy to do once you

⁸ <http://www.webmd.com/urinary-incontinence-oab/kegel-exercises-treating-male-urinary-incontinence>

know which muscles to target. By the way, this is one exercise you don't have to share with the guys at the gym.

According to WebMD, one of the easiest ways to locate your muscles is during urination. Here's how:

- ☑ Halfway through urination, try to stop the flow of urine.
- ☑ Don't tense the muscles in your buttocks, legs, or abdomen, and don't hold your breath.
- ☑ When you can slow or stop the flow of urine, you've successfully located these muscles.

60 Sec. To do Kegel exercises:

- 1. Contract these muscles for a slow count of 5.*
- 2. Release the muscles to a slow count of 5.*
- 3. Repeat 10 times.*
- 4. Do a set of 10 Kegels three times a day.*

When you're first starting, it may be easier to contract the muscles for just 2 or 3 seconds. After a few weeks, increase the time until eventually you're contracting the muscles for a slow 5 or 10 seconds. You've reached mastery when you can toss a bowling ball 10 feet.

[11] VITAMIN POWER

Taking vitamins can be a good way to help your brain and body make it through this hard time⁹. Making sure you are getting the right nutrients can potentially help your emotional and psychological state. A variety of vitamins and minerals can help maintain proper brain function. A deficiency of any one of them can lead to depression. The following are some you should talk to your doctor about taking.

B vitamins. B vitamins are often sold separately or in a B complex, which combines the vitamins to support the nervous system and relieve stress, helping mild depression.

Vitamin C. Vitamin C is commonly used to reduce the severity of colds. Vitamin C is very cheap and is an essential addition to the formation of a balanced diet.

⁹ <http://news.menshealth.com/multivitamin-stress/2013/02/13/>

Vitamin D. Many people get all the vitamin D they need from sunlight, which helps the body to synthesize this vitamin. Supplementing with vitamin D3 has been proven to elevate mood where a deficiency exists.

Potassium. Potassium is a mineral that helps to keep the heart beating regularly and has also been linked to depression. Mood upsets, fatigue, and weakness, all symptoms of depression, have been associated with low levels of the mineral.

Omega-3 fatty acids and omega-6 fatty acids. Essential fatty acids, such as omega-3 and omega-6 fatty acids play a crucial role in the function of serotonin and dopamine. Regularly eating foods rich in omega-3 and omega-6 fatty acids is one of the most effective methods to combat depression.

St. John's Wort. Herbs, such as St. John's Wort, have been used to treat depression. They are commonly bought over the counter in pharmacies and health food stores. Other herbs, like kava root, may be an effective option.

L-Tryptophan. Tryptophan is an important amino acid found in a variety of food sources, including poultry, nuts, and seeds. Tryptophan helps induce sleep and is also made into niacin and serotonin inside the body. These products can reduce anxiety and elevate your mood.

SAM-e. Many studies have looked at SAM-e and the results have shown it can quickly and safely elevate mood. This important biological agent increases serotonin levels and performs other actions similar to conventional antidepressants.

Caution: You should talk to your doctor before taking any of these things. Also, although many depressed people benefit from natural treatments, none of the above therapies may be effective if you have clinical depression.

*60 Sec. Get your vitamins. * REMEMBER Before trying vitamins or herbs talk to your doctor.*

[12] LET THERE BE LIGHT

Light therapy is typically recommended for seasonal affective disorder¹⁰, brought on by shorter days and limited sun. But some psychiatrists also prescribe it for depression, often as a last

¹⁰ <http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195/DSECTION=treatments-and-drugs>

resort when patients fail to respond to drugs. All it involves is a one-time purchase of a special lamp. The upside is that it has few, if any, side effects.

***60 Sec.** Light therapy requires time and consistency. You can set your light box on a table or desk in your home or office. That way you can read, use a computer, watch TV, or eat while having light therapy. F.Y.I.- Neon beer signs don't count.*

[13] LET THERE BE DARKNESS

Even during the best of times, you are probably not getting enough sleep. Now throw in the stress of a divorce and all bets are off. Not getting enough sleep can impair your memory, decrease your cognitive ability and just make you feel like crap. Everybody has their own needs but 8 hours seems to be the norm.

***60 Sec.** Make sure that you have the tools to help you sleep properly. Before you go to bed make sure you have earplugs, a sleep mask and set your thermostat to 65 °F. You might want to have some chamomile tea at the end of the day. Don't worry we won't tell. Nighty, night.*

GET YOUR HEAD STRAIGHT

Taking care of your body is crucial, obviously. But you have to take care of your insides too. Especially after a trauma like divorce, you need to take stock of your emotions, and remember they're not all bad. Because even if you've been through hell, you're not made of stone.

[14] SAVE A LIFE

Yea it's kind of creepy but have you considered becoming an organ donor? You may save up to eight lives through organ donation and enhance many others through tissue donation¹¹.

Last year alone, organ donors made more than 28,000 transplants possible. Another 1 million people received cornea and other tissue transplants. Think about becoming an organ donor, you'll feel good about yourself and you get to brag about it—chicks dig organ donors.

60 Sec. In under a minute you can go to www.organdonor.gov and sign up to be an organ donor.

[15] SMILE LIKE YOU MEAN IT

Just smiling at someone or even to yourself will actually make you happy. Just the act of smiling releases endorphins that make you feel happy¹². Smiling itself can make us feel better, but it's even more effective when we back it up with positive thoughts—such as imagining a vacation or a remembering the “hair gel” scene from *There's Something About Mary*.

60 Sec. Practice smiling—it can alleviate pain. Work both sides sometimes it takes an effort to be genuine- a one-sided smile is a sign of insincerity.

[16] LAUGH IT UP

¹¹ <http://www.americantransplantfoundation.org/about-transplant/facts-and-myths/>

¹² <http://www.scientificamerican.com/article.cfm?id=smile-it-could-make-you-happier>

There is no doubt about it, laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

More than just relief from sadness and pain, laughter gives you the courage to find new sources of meaning and hope¹³. Even in the most difficult of times, a laugh can go a long way toward making you feel better.

60 Sec. Memorize one great joke, and own it. One of our favorite divorce jokes: Why are divorces so expensive? Because they are worth it.

[17] GET INSPIRED

One of the greatest benefits to reading inspirational quotes is the added motivation they provide. Just a couple of words can help you alter the way you view a situation and completely inspire you.

*60 Sec. Read one inspirational quote per day.
www.dailyinspirationalquotes.in has some good ones.*

[18] SMELLS LIKE TEEN SPIRIT

The effectiveness of aromatherapy is limited and we're definitely entering the crystal-hugging-hippie zone however, some studies have shown that aromatherapy might have health benefits like relief from anxiety and depression¹⁴.

Aromatic oils may be inhaled directly or indirectly or applied to the skin. Aromatherapy is thought to work by stimulating smell receptors in the nose, which then send messages through the nervous system to the limbic system — the part of the brain that controls emotions.

A smell can evoke a visceral reaction. Go to a natural food store and smell some different scents. They usually have an aromatherapy aisle. Here are a few key scents and what they can do for you:

¹³ http://www.helpguide.org/life/humor_laughter_health.htm

¹⁴ <http://www.mayoclinic.com/health/aromatherapy/AN02140>

- ☑ Lemon: Energizer
- ☑ Lavender: Stress reliever
- ☑ Hyssop: Helps fight colds and flu
- ☑ Jasmine: An aphrodisiac
- ☑ Basil: Relaxing
- ☑ Chamomile: Promotes sleep

60 Sec. Take a sniff of one of those and kick off your day right. Make sure you stay away from the rose-scented airplane glue.

[19] ROCK IT OUT

Music can move you. It can motivate you and can also take you out of depression. A good song can act as a distraction and break a negative thought cycle. It can boost your dopamine levels and it can make you feel understood¹⁵. Have you heard Cee Lo Green’s song “Fuck You”? What are you doing? Go check it out on YouTube and feel understood.

60 Sec. Build a list of your favorite music on a music streaming site like iTunes radio, Pandora, Slacker, or Spotify and get rocking. And please, no boy bands—keep a shred of dignity!

[20] TIME FOR VEGAS

Remember those childhood days leading up to Christmas when you couldn't wait to rip open your presents? The pleasure in anticipation was just incredible.

Research on the psychology of happiness shows that anticipation can be a powerful positive emotion¹⁶. We enjoy looking forward to things much more than we enjoy looking back on them afterward.

60 Sec. If you can't take the time for a vacation right now, or even a night out with friends, put something on the calendar—even if it's a month or a year down the road. Then whenever you need a boost of

¹⁵ <http://news.menshealth.com/how-itunes-can-cure-depression/>

¹⁶ <http://www.spring.org.uk/2007/03/seven-ways-music-influences-mood.php>

happiness, remind yourself about it. Remember, it's never too late to plan a divorce party and don't forget to invite us!

[21] SAY YOUR PRAYERS

Whether you're religious or not, saying a "prayer" for yourself or others can be a good way to get some perspective and gain some peace.

60 Sec. Say a prayer for yourself or someone you care about. If you are atheist consider being silent and attempting to sense your connection with what particle physicists call the Boson Field¹⁷. Saying "Please God let my ex be consumed by locust" doesn't count.

[22] GET IN TOUCH WITH YOUR INNER ANIMAL

Living with pets provides certain health benefits. Pets help lower blood pressure and lessen anxiety¹⁸. They boost our immunity. They can even help you get dates.

You might want to consider getting a pet, but for now we recommend going low maintenance something that you can flush down the toilet if it doesn't make it—think gold fish. Better yet, why not a pet rock?

60 Sec. If you don't have a pet, head to your local dog park and make a new furry friend. They are known to occasionally be attached to attractive owners.

¹⁷ http://en.wikipedia.org/wiki/Higgs_boson

¹⁸ <http://www.webmd.com/hypertension-high-blood-pressure/features/health-benefits-of-pets>

TIME TO GET SOCIAL

Having a good social network can be one of the most important things for your emotional and mental state¹⁹. After having been married for a number of years you might not have the friends that you once did. It's time to reconnect with your old friends and make new ones. Here is an important thing to remember: You need to be the catalyst. You need to take the initiative and reach out first. If you don't do it, chances are that it won't happen.

[23] SOCIAL MEDIA 101

If you have been living under a rock and don't have a Facebook or Twitter account then now is the time to set one up. These two places are excellent areas to get connected with old friends and make new ones. But please don't start cyber stalking your old high school girlfriend. Also, if you are already on Facebook or Twitter then it's time to unfriend your ex. Following her Facebook posts will only drive you crazy. Seriously – it's time to cut the cyber connection.

60 Sec. Get into the modern world and set up a Facebook or Twitter account.

[24] CYBER LOVE

This one is a tricky one. You are probably already checking out dating sites and that's cool. But be very careful about jumping into a new relationship. Don't get into anything new until your divorce is over and you're ready to handle it. If you are not careful you can make your situation worse not better.

60 Sec. There are some decent sites like www.match.com and www.eHarmony.com. Stay away from www.golddiggersingles.co.uk, yes that's a real site.

[25] SNAIL MAIL MAKES AN IMPACT

¹⁹ <http://www.mentalhealthamerica.net/go/ptsd>

Whether your buddy dropped you some kickass tickets to the game or you just had a good time at lunch catching up with an old friend, a quick thanks is never wrong²⁰.

60 Sec. Dash off a quick hand-written thank you note to a friend, colleague, or client. You don't have to write a bromance-style love note, just drop a funny postcard in the mail or take a beer label and stick it on a 3X5 card and send it to a buddy.

[26] EMAIL AND TEXT

If you are worried about getting punched in the face for sending a letter to a friend, then shoot off a quick email or text a friend you haven't seen in a while, or reach out to someone new. Having close bonds with other people is one of the most important keys to happiness and one of the single most significant predictors of a longer life.

60 Sec. Reach out to an old friend with a quick email or text.

[27] SHOW LITTLE ACTS OF KINDNESS

Doing good deeds and kind acts, can make people feel better. The acts of kindness included things like holding the door open for someone, doing chores for other people, donating to charity, and buying lunch for a friend. Research has found that doing nice things for people led to a significant increase in people's positive moods²¹. It also led to an increase in relationship satisfaction and a decrease social anxiety.

60 Sec. Each day, try to be conscious of your level of appreciation to others in any way that occurs to you—opening doors, saying hi to someone, giving up your place in line. Do it once and you'll do it more. It will amaze you.

²⁰ <http://www.artofmanliness.com/2009/04/16/the-art-of-letter-writing/>

²¹ <http://www.prevention.com/mind-body/emotional-health/doing-kind-acts-reduces-anxiety-study>

[28] BE PART A GREAT COMMUNITY

There are lots of benefits to being a member of a community. People feel more secure when they know that they have others around them who share their goals and care about their progress²². It can provide support and positive interaction. It can also provide knowledge and information. Other people can inspire you and give you motivation, courage, strength, and power to overcome your struggles.

60 Sec. Meetup.com is a great place to meet like-minded people. Go sign up on that site and see what's happening this weekend. Also, don't forget to join the OverDivorce.com forum. Make new friends, vent, help someone out, be social.

[29] DRIVE-BY COMPLIMENT

Compliments are one of the most extraordinary components of social life. They create so much positive energy that they make things happen almost as if by magic.

60 Sec. Compliment anyone in the service industry (waitress, checkout person, bank teller, hooker, etc.) Say something nice about their clothes, jewelry, or smile. The trick is to be sincere and very specific. Say it, then move on. Don't stare at them with dead eyes, Mr. Creeper.

[30] BURGERS AND FRIENDS

The simple act of gathering around the table helps establish connections that are crucial in maintaining happiness and a sense of belonging. Enjoying a meal with friends or family brings a one-two punch of benefits: It accomplishes the goal of face-to-face interaction and can also lead to healthier eating choices..

60 Sec. Email a friend or colleague to have lunch with you. Technically eating lunch at a strip club counts, as long as there's eye contact.

²² <http://www.psychologytoday.com/blog/ulterior-motives/201203/it-is-motivating-belong-group>

[31] START JOURNALING

Journaling is simply writing down your thoughts and feelings to understand them more clearly. And if you struggle with stress, depression, or anxiety, keeping a journal can help you gain control of your emotions and improve your mental health²³. A journal is a great place to map out your thoughts and ideas. It can be very therapeutic to write down any issues that you might be having. By the way, writing down your ex's name 1,000 times and then crossing it out is not journaling, that's just crazy.

60 Sec. Go buy a journal—it can be snakeskin-bound and embossed with a skull if that's how you roll, but a notebook will do just fine too—and start journaling. You can keep track of all the tips to follow and chart your progress.

[32] SET YOUR GOALS

Goals are an important component to achieving success in any endeavor. Goals serve as a guide to keep you on course when times get tough, and prevent you from becoming distracted by unimportant matters. They also provide benefits in areas like planning, motivation, and the attainment of rapid results²⁴. If you don't meet your goals, don't be too hard on yourself, it just means you need to refine your strategy.

60 Sec. Write down one thing that you want to do in the next month, year, or within 5 years. Do this every day for a month. Don't worry about the "how," focus on the "what."

[33] PLAN YOUR DAY

Learning to use your time wisely will go a long way. You can have more time for work, for family and for yourself —if you plan it. Planning is essential for effective time

²³<http://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=1&ContentID=4552>

²⁴<http://smallbusiness.chron.com/psychology-goal-setting-4555.html>

management²⁵, which is crucial if you want to get ahead at work and not always find yourself behind the eight ball in the rest of your life.

60 Sec. Write down the three most critical things that you want to accomplish for the day, first thing in the morning. This will help keep you on task and give you a sense of accomplishment when you finish them. Google Task is a handy way to keep track of the stuff you want to knock out.

[34] FIVE GOOD THINGS

At the end of the day, before you go to bed, spend a few minutes writing down five good things that happened today. They don't have to be that amazing; just five things that made you feel a little better. You can also think about why they happened. After a month, you will be amazed at all the good stuff that is happening in your life.

60 Sec. List five good things that happened to you today. Did you exercise 60 seconds? Write it down. Open the door for someone? Write it down. You are not an asshole. Write it down. You smiled at a stranger. Write it down.

[35] BE GRATEFUL

Gratitude is strongly and consistently associated with greater happiness²⁶. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. You can apply it to the past (retrieving good memories), the present (not taking good fortune for granted), and the future (having a hopeful attitude).

Oh yeah, this is a great time to thank you for getting this eBook. You rock! Ahh that felt great. Now get back to reading.

²⁵ <http://www.kent.ac.uk/careers/sk/time.htm>

²⁶ http://www.health.harvard.edu/newsletters/Harvard_Mental_Health_Letter/2011/November/in-praise-of-gratitude

60 Sec. Write down one thing that you are grateful for each night. Really try to experience gratitude in your body when you write it down.

[36] HAVE AN INTENTIONAL DAY

In *The Art of Happiness*, the Dalai Lama says, "Every day, think as you wake up: today I am fortunate to be alive, I have a precious human life, I am not going to waste it." Wow. What a wise man. I bet you could kick his ass...

Your daily intent could be something like "Be productive" or it could be something more specific, like "I won't kill my ex today." What it should not be is just another item on your "to do" list. Today is better than yesterday because it's happening to me now.

60 Sec. Before you get out of bed in the morning, set an intent for your day. Wahoo!! Counts.

[37] REMINISCE

Reminiscing can enhance self-esteem. Studies suggest that people who are encouraged to share events from their lives with others experience an increased sense of peace and self-worth²⁷. We all have a lifelong need to see ourselves as unique individuals, and the recollection of pleasant experiences, past accomplishments, and triumphs over adversity is part of this. DON'T REMINISCE ABOUT YOUR EX!

Remember that time that you downloaded that cool Divorce Guide? Wasn't that great?

60 Sec. Email or write to an old friend you did some fun and/or stupid things with and remind them of the shared memory.

[38] GET A RUB DOWN

Most cities have massage schools where you can get a great massage at a decent price. Avoid the back alley massage parlors. You know the ones I'm talking about—the ones with the

²⁷ <http://www.caringnews.com/pub.59/issue.1034/>

blinking lights and blacked-out windows. Nothing like getting on the front page of your local paper when your “massage parlor” gets raided and you get nabbed by the cops.

60 Sec. Book a massage. Save the happy ending for the next Disney movie.

[39] SPEAK WELL OF OTHERS

As fun as talking smack about others can be, it usually leaves you feeling guilty and resentful²⁸. Saying nice things about other people encourages you to think positive, nonjudgmental thoughts. But it’s not as gratifying as talking about those other assholes...

60 Sec. Say one nice thing about someone else.

[40] GET YOUR ZEN ON

Meditating silences your mind and helps you find inner peace²⁹. You don’t have to be a Zen master to pull it off. Happy people know how to silence their minds anywhere and anytime they need to calm their nerves.

60 Sec. Empty your mind, and think of nothing for 60 seconds. Enjoy the silence. It’s harder than you think. If you want a longer practice, check out www.GetSomeHeadSpace.com for some cool guided meditation.

[41] DOMINATE A BAR

Want to get quick service and high social status? Leave a generous tip at your local bar or restaurant³⁰. Next time you come back you’ll be remember and get a little more respect.

²⁸ <http://beingrecycled.com/2013/05/10/positivespin-22-things-happy-people-do-differently/>

²⁹ <http://www.mayoclinic.com/health/meditation/HQ01070>

³⁰ <http://www.bargaineering.com/articles/why-tipping-is-the-best-investment-ever.html>

60 Sec. Tip 30% to 50% at your favorite joint and watch how fast they learn your “usual” order. Tip in cash if you can, that makes you even more memorable.

[42] VOLUNTEER

Volunteering can be a great way to develop skills, make friends, garner new professional contacts, get exercise, or even just shake up your routine³¹. No matter what your ex says about you, volunteer organizations will welcome you with open arms.

60 Sec. Start a list of organizations you might be interested in volunteering for. Check out <http://www.volunteermatch.org>, it's a great site for finding out which organization might be right for you. That's it. Just start.

[43] LIKE YOUR SELF

Life has no meaning other than the meaning you choose to give it. Your conditions do not improve so much as you do. Self-care, presence, compassion, and work will lead to a healthy self-love³². This work will in-turn increase your ability to experience greater love, growth, and strength—and even deeper compassion. It's a virtuous circle, but it requires your energy to drive it.

Avoid judging yourself based on the expectations of others. When self-assessing, consider what you've done right—the steps you have made toward rational achievable goals. Forgive. Release. Breathe. Repeat.

60 Sec. Think of five things that you like about yourself. Try to actually feel good about these things. Do this every day. It's a great exercise to do while brushing your teeth. Focus on the value you've brought to others.

³¹ http://www.helpguide.org/life/volunteer_opportunities_benefits_volunteering.htm

³² <http://www.psychologytoday.com/blog/feeling-it/201211/overcoming-shamethe-powerful-benefits-little-self-love>

[44] BECOME MORE INTERESTING

Hobbies provide a slice of work-free and responsibility-free time in your schedule³³. If you feel overwhelmed by your situation, it may be difficult to give yourself permission to take a break from a busy schedule and just sit and relax. Engaging in hobbies, however, can provide a break with a purpose, which can help you feel that you're not just "sitting around" but are using your down time for something productive. Either way, hobbies provide a nice break in a busy week. By the way, masturbating is not a hobby—but that doesn't mean you shouldn't be doing it.

60 Sec. Subscribe to one magazine for something that you are interested in. Hobbies and interests outside of work and relationships are important in keeping you balanced. They also make you more interesting.

[45] TIME TO SHARE

A recent Harvard Business School study found that giving a sum of money to someone else lifted well-being more than spending that money on oneself³⁴. People who share and experience gratitude release oxytocin, a hormone known to relieve stress and improve immune function. It builds trust, increases positive social interaction with others, and promotes cooperation.

60 Sec. If you got some value out of this book, "Like" OverDivorce.com on Facebook or follow us on Twitter. That would really help us out!

³³ <http://www.positivelypresent.com/2013/06/benefits-of-having-a-hobby.html>

³⁴ <http://www.shareable.net/blog/seven-ways-sharing-can-make-you-happy>

CLEAN YOURSELF UP

OK, so maybe it's been a while since you have liked what you see in the mirror. Time to step up and start grooming yourself. Here are some quick and basic things you should be doing.

[46] TAKE CARE OF YOUR CHOMPERS

Most women rate a “great smile” as the most attractive thing in a man. Plus, taking care of your teeth can prevent truly nasty problems, like gum disease, down the line³⁵.

60 Sec. Get your teeth in shape. Brush for at least a minute, twice a day. Book an appointment with a dentist and get some Crest White Strips.

[47] FLOSS IT UP

Unlike a toothbrush, which cleans the tops and outer surfaces of the teeth and gums, floss is an interdental cleaner—it's designed specifically to clean the tight spaces between the teeth and the gap between the base of the teeth and the gums. These are places that a toothbrush can't reach. And while mouthwash can kill the bacteria that form plaque, it can't remove the stubborn tartar and bits of food that can lodge in these places³⁶.

60 Sec. Go grab some Glide tooth floss and let the good times roll. .

[48] SCRAPE IT OFF

If you have toxic bad breath that sends friends running when you move in too close, you might want to go the extra mile to take care of your tongue. A tongue scraper is a plastic device,

³⁵ <http://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>

³⁶ <http://www.webmd.com/oral-health/healthy-teeth-10/flossing-floss-sticks?page=1>

which you can get in any drugstore, that removes dead skin cells and bacteria from the surface of your tongue and keeps bad breath in check³⁷.

60 Sec. Get a tongue scraper and use it once a day. The next person you kiss will thank you for it even if it's a year from now.

[49] CHOP IT

If you're spending less than \$5 for a haircut, you might want to go somewhere else. Having a good cut can make a real difference in how you feel and look³⁸. Like everything else in life, you get what you pay for. If you have had your hair in the same style since fourth grade, think about mixing it up a bit and going a different route. Also, if you are losing your hair, don't go with the comb-over—just bite the bullet and shave it off.

60 Sec. Book a haircut at a decent salon. By the way, hair stylists love playing matchmaker.

[50] CLIP IT UP

Keep your fingernails neat and well groomed. That means clipping your nails more than once a year. If you're secure enough in your manhood, you can even get a manicure or a pedicure. It's always good to get a foot and hand massage.

60 Sec. Trim your fingernails and make sure they are clean. Despite your prejudices, pedicures are good for you. Well-managed feet perform better.

[51] CLAIM YOUR SCENT

³⁷ <http://health.howstuffworks.com/wellness/oral-care/products/tongue-scrapers-really-help.htm>

³⁸ <http://www.lpnm.org/?p=10>

If your ex gave you your cologne, throw it away. Then go to a department store and try on a few different kinds. Narrow it down to two and then ask four random women which one they like better. (A little goes a long way—one dab is good enough. You don't want to smell like a Thai hooker at a strip club). Now you have your new scent, you sexy bitch.

60 Sec. Find a new scent for your new life³⁹. Use SPARINGLY-We cannot stress this enough.

[52] CLEAN YOUR SNIFFER

OK, this one is a little out there, but yogis have been using Neti pots to clean their nasal cavities for hundreds of years. It takes a little practice, but soon you will be breathing easier and feeling better⁴⁰. Oh yeah, it also helps you smell and taste things better.

60 Sec. Try out a Neti pot to help you breathe easier. If the Neti pot seems excessive, there is also saline spray that works well too.

[53] GET YOUR SHINE ON

Proper care and maintenance is an essential part of shoe ownership. Proper polishing not only keeps your shoes shiny and new-looking, it also moisturizes and conditions the leather and prolongs the life of your shoes.

60 Sec. Get your shoes shined by a pro. Do not acknowledge out loud how good it feels. For some reason, this is inappropriate.

[54] STRAIGHTEN UP

There are psychological as well as health benefits to having the correct posture and not being hunched over like a cave man. You will also feel more confident and good about yourself if you walk tall and with purpose⁴¹.

³⁹ <http://www.psychologytoday.com/articles/200712/scents-and-sensibility>

⁴⁰ <http://www.fammed.wisc.edu/research/past-projects/nasal-irrigation>

Good posture will also prevent muscles becoming strained and overused. This will give you more energy and stop muscle fatigue.

60 Sec Stand in front of a full-length mirror. Assess your posture. Now, Keep your shoulders back and your knees straight while standing. You should also tuck in your stomach and keep your back nice and straight.

⁴¹ <http://researchnews.osu.edu/archive/posture.htm>

ORGANIZE YOUR SPACE

Our homes are an extension of who we are: What we do within the walls of our abode shapes our mood, affects our productivity, and influences our outlook on life. Studies have shown that we can have an impact on our happiness by adjusting the tiny little habits and routines that constitute our daily lives — we are, in fact, in control of our outlook on life.

It's amazing how a few tweaks to our daily habits can become a catalyst for meaningful, positive change. Here are a few simple things you can do every day to feel happier at home.

[55] MAKE YOUR BED

There are many benefits to making your bed every day. Strange, but true— but making your bed every day allows your brain to start functioning in an organized manner⁴². You are accomplishing a goal immediately as you rise, and it will set the tone for the rest of your day.

This 1-minute task is one of the simplest habits you can adopt to positively impact your happiness.

60 Sec. Make your bed. Do it.

[56] READY FOR TOMORROW

Picking out your clothes ahead of time saves time and energy, keeps you on track, and gives you a sense of order and accomplishment.

60 Sec. Before you go to bed, scan your closet, pick your clothes for the next day, and put them together where you can quickly find them in the morning.

[57] ADD SOME GREEN

⁴² <http://www.psychologytoday.com/blog/brain-candy/201208/make-your-bed-change-your-life>

The next time you're at Home Depot or a grocery store, pick up a plant. Get a fern or a violet; they're hearty and don't need lots of light. Remember the badass assassin from *The Specialist*? His plant kept him going, and it can do the same for you⁴³. By the way, if you have been living under a rock and haven't seen *The Specialist*, grab it on Netflix. It's a kickass movie.

60 Sec. Buy a plant—preferably one you have to work hard to kill.

[58] CLEAN YOUR SPACE

Is it time to get out the hazmat suit? Having a clean space can have some great benefits. It can give you a sense of accomplishment and make you feel better. Having clutter and garbage in your living area is stressful. If your space is organized, you can relax and breathe and enjoy your space! Look at all that crap that reminds you of your ex. Chuck that shit.

60 Sec. Empty your garbage and get your place smelling clean. If you're really motivated, you can start composting. Just don't let your friends know that you've turned into a hippie. Hey if you really want to go nuts then hire a maid, probably the best money you'll spend this month.

[59] REACH OUT AND TOUCH SOMEONE

It only takes a few seconds to dial a phone. Make an actual phone call to a loved one, just to chat and catch up. We humans are social beings and studies show that even when we don't feel like it, even if we are naturally introverted, socializing with our loved ones makes us feel better. You can do this on your commute, walking your dog, or while cleaning up.

60 Sec. Dial up a friend or family member and chat. Make it a point to update them and to let them know you are working to get through this and that you are well.

[60] GET MORE HELP

⁴³ <http://www.sciencedirect.com/science/article/pii/S027249440290232X>

If none of the above resonate with you at all, it might be important to remember that guys going through a divorce are at a high risk of suicide. If you are at the end of your rope and are thinking about implementing a permanent solution to a temporary problem, then you need to get help. The National Suicide Prevention Lifeline is an excellent organization that can provide help if you need it⁴⁴. The call is free and completely confidential.

60 Sec. Pick up the phone and dial 1-800-273-8255.

⁴⁴ <http://www.suicidepreventionlifeline.org/>

DO THE WORK

Since it's never good to end an eBook with a suicide hotline number, we thought that we'd mention a couple more important things. Going through divorce was definitely one of the hardest times of our lives. But looking back over that time we realized that we learned a lot about ourselves and who we wanted to become. We then made a simple decision, a decision to become better men. We are certainly not perfect and we have fallen short plenty of times, but we have always tried to take little steps forward.

Now we know that we're dangerously close to entering into the over hyped motivational speaker zone, but we will tell you that you will make it through this. We did. It was a struggle but using many of the tips in this guide really helped us and will hopefully help you. From our experience, we can assure you that if you continually try to take small but incremental steps forward you will become a better, stronger man.

All the best—

Handwritten signatures of Tom and Adrian. The signature on the left is stylized and appears to be 'Tom', while the signature on the right is more legible and appears to be 'Adrian'.

Tom and Adrian

P.S. Think that we missed something glaringly obvious? You're probably right, please drop us a note (guide@overdivorce.com) and let us know how we can improve it. This document is a work in progress. We want to continually refine it and make it better.