

# unhitch

*a different way through divorce*

## A checklist for coping and feeling better (or at least less awful)

The process of separation and divorce can make you feel desperate to find the right path, the right answers, toward healing or feeling better. Maybe toward just feeling less guilty and disoriented, less unsure and less alone.

We say this a lot, but for a reason: there really is no “right” way to do or handle this. In our experience, just trying anything was the start of feeling less awful and, eventually, actually feeling better. Here we provide a menu of what we tried and liked.

Maybe just try one thing and see how it goes. Maybe take a friend. Or just your dog. Maybe you try something you used to really enjoy, or maybe you say yes to something new just because. Maybe you start to unhitch yourself from confusion, isolation and grief and start to feel a little better, or you simply save these resources for if and when you’re ready. We’ll be with you either way.

### Talk

- [Thunder Bay Counselling](#) is a good place to begin and offers its free “Talk-in” program every Wednesday.
- [Kindful Psychology](#) has both individual therapy for those in Thunder Bay as well as online group workshops on self-compassion and personal development.
- [Kelly Mental Health](#) has a podcast, a magazine, printable/downloadable resources and more on their website, in addition to their therapy practice.

### Listen

- Podcasts from [Brené Brown](#), [Ester Perel](#), [And Still She Persisted](#) and [We Can Do Hard Things with Glennon Doyle](#) are where it’s at when you don’t know where you are.

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- The [Divorce Survival Guide](#) or [The New Family](#) podcasts and websites offer camaraderie, expert guests and inspiration for the unhitched.
- Are you dealing with a toxic or narcissistic ex? [Listen to these podcasts featuring Dr. Ramani](#) for some advice and perspective.

## Read

- Books like [Untamed](#), [Broken Open](#), and [All About Love: New Visions](#) make regular rotations through our friend group when one of us needs a coping boost.
- [Conscious Uncoupling](#) (yes, the one Gwyneth read) is actually a very good read if you want a gentle walk through breakup recovery. [Codependent No More](#) is a wildly popular and helpful book on how to stop putting yourself last.
- [Mom's House, Dad's House](#) is a good primer if you want information and a view into what goes into making a new parenting arrangement. [Will I Ever Be Free of You](#) can help those in high-conflict situations, particularly if your partner has mental health issues (it deals specifically with Narcissistic Personality Disorder, but can be helpful for most high-conflict scenarios).

## Move

- [The BodyMind Centre](#) offers welcoming, all-level classes in yoga, pilates and more with options for virtual, at the park and in-studio. Our favs include warm flow, barre class, and swing-on-a-silk-scarf anti-gravity yoga.
- [RISE Functional Fitness](#) is movement for everyone, with a "fitness is more than just physical" approach that strives to create a safe, body-positive environment where anyone can learn, build confidence, strength, and feel empowered. Based in Thunder Bay Ontario, RISE offers personalized training, workout plans, and fitness classes (in person and online)
- More into a free and at-home practice? Have you met [Adriene Mishler](#) and her just-as-famous-dog Benji? This is yoga for everyone, at every level, plus it's free and also really fun and funny ("hey oh!").

- The [Misfit Method](#) is a similarly fun and free-spirited, online practice but based in pilates and dance and perfect for letting loose in the comfort of your own home.
- The [National Ballet of Canada](#) also offers affordable online classes for all levels, and often live-streams free ones over social media.

## Play outside

- If you want some inclusive, group motivation to go up and down hills here in Thunder Bay, check out the [Thunder Bay Hiking Association](#), [Shred Like a Girl](#) and [UpRiver Running](#).
- Downhill skiing is thankfully back on, but it's always easy to cross-country ski thanks to magical little places like [Tapiola](#) and some old and second-hand skis.
- Want to try or get back into running? The only cost of entry is a pair of shoes and 30 minutes of free time. You can start with the popular [Couch-to-5K method](#) and the community-based [Strava](#) (think Facebook for exercise) to stay connected and motivated.

## Create

- [The Creative Company](#) sells really fun, beautiful paint kits made by local artists that you can do at home; [Shayda Campbell](#) posts free, easy-to-follow and relaxing tutorials online every week on how to draw and paint beautiful flowers, get your BUJO going (bullet journal) and more. [Domestika](#) offers a tutorial or class for every kind of art at every kind of level.
- Why not take a music lesson? We have friends who learned how to play the piano and guitar this year via YouTube and others who are taking Ukulele lessons this fall at [Coran's](#) here in town. At least one unhitch co-founder is looking for a vocal coach to cross an item off her bucket list this year.
- Locally owned [Dog Paw Pottery](#) offers wonderful in-studio classes on throwing clay and making pots for all levels. The [Baggage Building Art Centre](#) is a great place for drawing, pottery, printmaking and other creative workshops.

- Want to write your heart and feelings out but don't know where to start? [Firefly Creative Writing](#) is where you want to be, and who you want to be there with. They have workshops and sessions for every writer, at all price points.

## Gather

- Have you checked out your [local library](#) for free programs or book clubs? This fall, the Thunder Bay Public Library has started a free spice club. Pick up the spices, along with some suggested recipes and (re)discover a love of cooking! The Library also has a ton of take-and-make craft kits for kids, so they'll be occupied while you're experimenting in the kitchen. Their [Facebook page](#) is the best place to keep up with all their programs.
- Maybe your [local symphony](#) is running a free online concert series again this year, or you can pay-what-you-can for a quiet but uplifting visit to your [local art gallery](#)?
- For those in Thunder Bay, you really should check out [Sociable](#). They are really good at spreading the word on what's happening around town and where we can get outside and together—and we took particular notice of the Sociable Singles event they hosted this summer that combined rock climbing with a charcuterie picnic for single adults between 25 and 45.

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