

5 Ways Thanksgiving Can Help Heal After a Divorce

walllegalsolutions.com/5-ways-thanksgiving-can-help-heal-divorce/

After experiencing a major stressful life event such as a divorce, some people see the holidays in a negative light. However, Thanksgiving can actually be helpful in the healing process after a divorce. **No matter how long it has been and how many Thanksgivings have passed since your divorce, this holiday can help you focus on the positives in your life.** If you find yourself in need of legal representation regarding divorce, [Wall & Wall Legal Solutions](#) will fight for your rights.

Dealing with the Holidays Following a Divorce

Whether you've experienced a recent stressful life event or not, **the holidays can be a very stressful time.** Entertaining, decorating, buying gifts, and attending functions can all add an extra stress that isn't present at other times of the year. In addition, **on Thanksgiving, you may be facing your extended family for the first time since the divorce.** You also might need to discover the intricacies of [co-parenting](#) during the holidays; who will your children spend Thanksgiving with? Although these stresses may be weighing heavily on you, there are many ways Thanksgiving can actually be a healing time.

Following Tradition

In many families, holidays are heavily steeped in tradition. After a divorce, your life might feel out of whack and you're probably thrown off of your normal routine. **Keeping up with Thanksgiving traditions can help you feel a sense of normalcy in your life again.**

Creating New Traditions

While it can be comforting to continue old traditions at a time when everything is changing, it can also be healing to create new traditions. **A new Thanksgiving tradition can be a fresh start for you and your new life.** Whether it's choosing to host Thanksgiving at your house for the first time or keeping the holiday low key for the first time in your life, this new tradition can help you create a clean slate.

Being in a Positive and Warm Environment

Thanksgiving is a time to come together with family and be around the people who love and care about you. Especially if your ex's family was not the most welcoming to you in the past, **the warm and loving environment of your own family can help give you comfort.**

Focusing on Others

Especially if you have children, the holidays are a time when we tend to focus on others and give back. Making someone else smile is often the best way to make yourself smile. Instead of thinking how hard it will be to face the holidays as a divorcee, **focus on how you can make Thanksgiving the best it can be for your children and other members of your family.** Also be sure to communicate with your ex about how you will split time with your children for the day to keep the day as normal and smooth for them as possible.

Giving Thanks

It may sound silly, but Thanksgiving really is a good time to give thanks and see the positive aspects of your life. **Even if you feel like you are in a low place right now, be thankful for what you do have.** Maybe you're thankful that you got out of an abusive relationship, or that you're finally ready to move on from your ex. Regardless of what it

is you're thankful for, Thanksgiving has a way of making us remember what those things are.

Let Wall Legal Solutions Help You Give Thanks

Whether you're newly divorced or dealing with lingering feelings years after your divorce, Thanksgiving can be a healing time for you. If you find that you need legal representation in terms of [divorce](#) or other areas of your life, [contact Wall & Wall Legal Solutions today](#), or call 801-441-2388.