

CELEBRITY SPLITS SHOW NO-ONE IMMUNE TO SAD ENDINGS...

I want to break FREE

How to heal and stay strong when love walks out of your life



ADVICE Michela Brady

BY MICHAELA BRADY
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BREAKING up is hard to do, as the old Neil Sedaka classic tells us. It seems no-one is immune - not even the world's most famous American football player and his supermodel wife.

When Tom Brady and Gisele Bündchen filed for divorce last month, it showed even fame, money, power, beauty and talent don't mean the most romantic of relationships won't end.

Singer Imelda May was inspired to write many of the raw, emotional lyrics on her album *Life Love Flesh Blood* about her marriage split with ex husband Darrel Higham.

The catharsis must have been helpful - by all accounts, she's now very happy in her new relationship with Niall McNamee.

So how do you break free after a

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love split? Does it always have to be so painful?

Thinking about love and loss, I reminisced on some personal heart-aches I've experienced and, although challenging then, I now realise they were lucky escapes.

I reflected on the break-ups of my wonderful clients and friends, their stories shared, emotions expressed and lessons learned along the way.

The old adage about breaking up being hard to do was etched on my mind, as I wondered why are some endings so tough - and do they have to be?

Is there perhaps a formula to transcend the torment and heal a little quicker? I believe there is and I would like to share insights from my personal and professional experience. We will explore why breakups are hard and look at methods to mind yourself, mend your heart and move on.

WHY ARE BREAK-UPS SO HARD?

According to science, break-ups can have the same impact on the brain and body as withdrawals from an addiction. They also often result in a process of grief similar to the death of a loved one. Not surprising when you

think of it, as something has died and the level of loss is largely determined by the level of investment.

Many factors contribute to the amount of healing needed, such as who ended it and how, the duration of the relationship and if you shared a home or children.

Perhaps there was a betrayal or it was abusive, which adds a layer of trauma or broken trust to tackle. It's not just the loss of a life built but of the hopes and dreams of a future destroyed. Endings are multi-layered and messy, with many emotions that

need to be experienced to move on. Jennifer Aniston was spot on when speaking of her break-up with Brad Pitt. She said: "There are many stages of grief. It's sad - something coming to an end. It cracks you open, when you try to avoid pain, it just creates greater pain."

Having experienced a divorce myself, I can relate to Ryan Phillippe discussing his ending with Reese Witherspoon: "Divorce was the darkest, saddest place. There were four or five months of not being able to get out of bed. You get through it

It's a process and each day I get a little less sad."

DO BREAK-UPS HAVE TO BE THAT HARD?

Although loss of love is hard and healing takes time, there are ways to progress through this a little easier. Having supported hundreds of clients on their journeys, and navigated a few of my own, let's explore some ways to break free after a breakup.

■ Get help and support: Talking with family, friends and a therapist can help to process grief, review why it

unravelling and use mistakes as learning curves, or stepping stones to success for future romances.

■ Get to know the effects of grief: I help my clients to understand the stages of grief pioneered by Elisabeth Kubler-Ross, which are denial, anger, bargaining, depression and acceptance. The journey through these is isn't linear. It's a rollercoaster ride of back and forth with cognitive, emotional, physical and behavioural effects. Becoming familiar with these can ease the transition through them.

■ Get emotionally connected:

Avoiding pain doesn't erase it and emotions only stay the same if they are stuck. Talking, journaling, meditating, listening to music, dancing or being in nature can all promote feeling and healing.

■ Get to know your thoughts: Feelings are hugely influenced by thoughts. Many of my clients have confided: "They were my world, the love of my life, I will never meet anyone like them, or I'll never be

“Many of my clients have said, they were my world, I will never be happy again

development, connect with loved ones, exercise, or take up a new hobby. Fill the space your ex once occupied with new

happy again." The tales we tell and scripts we subscribe to rub salt into the wounds. Replacing these with empowering affirmations will help create new beliefs which help healing.

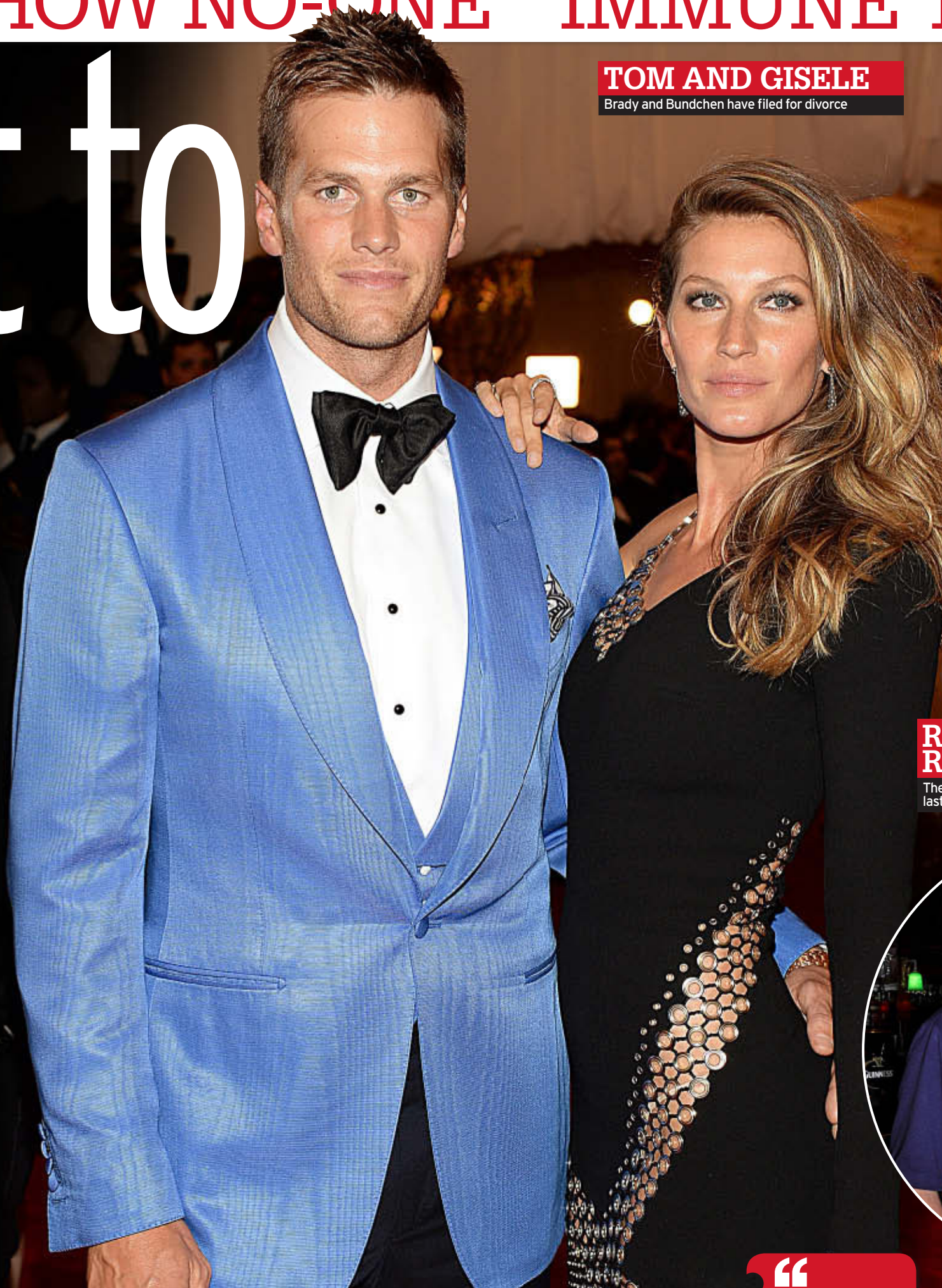
■ Get back to you: Invest in your relationship with yourself, in self care, in personal or professional

activities and people that soothe your soul and provide purpose and meaning.

■ Get honest: When things end, it's tempting to become mesmerised by the magical beginning, or focus on the fantasised future. It's vital to remove the rose tinted glasses and reflect on the relationship and person that now exists, not what was, or could have been.

Often, with honest reflection, realisations happen that it wasn't all we thought it was.

As Marilyn Monroe so eloquently expressed it: "Sometimes good things fall apart so better things can fall together."



TOM AND GISELE

Brady and Bündchen have filed for divorce



RYAN & REESE

Their marriage lasted eight years



IMELDA & DARREL

Separated after 13 years of marriage



BRAD AND JEN

Wed in 2000, divorced five years later



LEGAL ACTION Miriam

Miriam: Mum house fear in fake ad fight

BY KATIE GALLAGHER

MIRIAM O'Callaghan revealed her mother worried the broadcaster would lose her house when she took Facebook to court.

The RTE star took legal action over fake ads containing her image and name, falsely claiming she had left the Prime Time programme to promote skincare products.

The High Court case was settled, but Miriam told *RSVP Magazine*: "It was stressful because it was going on for years. My mother kept saying, 'You will lose your house'."

"It was very expensive to take a case against them and I didn't do it lightly."

"I tried everything to get the ads down, but people were saying they heard I left RTE to set up my own face cream."



RETURN Liam Howlett

The Prodigy set to return for Irish gigs

BY RAYANA ZAPRYANOVA

THE Prodigy are coming back to Dublin with a massive Fairview Park gig in 2023.

The band also announced a couple of other dates in Ireland, at Musgrave Park, Cork, on June 28 and at Ormeau Park, Belfast, on June 30 as a part of the Belsonic Festival. The Dublin show will be on June 29.

Tickets will start from €59.90, subject to licence, and will go on sale this Friday at 9am.

Co-founder and leader Liam Howlett said: "We always said from the start, as long as the people wanna see us, we will be there for them, to play our tunes live with full power and much ruckus."

The band is now working on new music.