



Divorce Stress-Relief Checklist

Focus on What You Can Control

- ☐ Gather and organize important financial documents
- ☐ Keep a calendar of deadlines and court dates
- ☐ Make a list of questions for your lawyer before meetings

Avoid Reacting in Fear

- ☐ Stay away and walk away if you are angry or fearful.
- ☐ Avoid situations where you or your spouse may get angry or violent.

Build Your Support System

- ☐ Identify 2–3 trusted friends or family members to lean on
- ☐ Look into local or online divorce support groups
- ☐ Consider meeting with a therapist or counselor

Take Care of Your Well-Being

- ☐ Aim for 7–8 hours of sleep each night
- ☐ Plan balanced meals (don't skip breakfast!)
- ☐ Move your body—walk, stretch, or try yoga
- ☐ Take 10 minutes daily for mindfulness, prayer, or journaling
- ☐ Schedule small “breaks” for activities you enjoy

FYI: Typical Lifecycle of a Divorce Case

While every divorce is unique, most cases follow a general path:

1. **Filing the Petition** – One spouse files the divorce papers to begin the process.
2. **Serving the Papers** – The other spouse is formally notified.
3. **Response** – The other spouse has a chance to reply to the petition.
4. **Temporary Orders (if needed)** – Courts may decide on short-term issues like child custody, support, or living arrangements.
5. **Discovery** – Both sides exchange financial and other important information.
6. **Negotiation / Mediation** – Many couples reach agreements here, outside of court.
7. **Trial (if necessary)** – If agreements can't be reached, a judge makes final decisions.
8. **Final Judgment** – The divorce is finalized, and court orders are put in place.