

Family Law Recap: Taking a Break from Your Divorce

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Happy summer! Right now, millions of Americans are on vacation, packing for an upcoming trip, or just returning to work. If you're not currently away yourself, you've no doubt encountered a couple (or a couple dozen) out-of-office autoresponder messages in the past few weeks. Clearly, it's time to take a break.

Wouldn't it be great if you could take a break from your divorce as well?

Actually, you can—and you probably should.

Even in the best cases, divorce proceedings take a long time. As the days, weeks, and months drag on, the constant stress enacts a heavy toll on all people involved. That doesn't mean the divorce must necessarily take precedence over everything else in your life. In fact, sometimes it's best to consciously decide to take a break. Sometimes, when you're feeling buried in and burnt out by your divorce, the only thing you should do is nothing at all.

Of course, doing nothing rarely comes easily these days. People lead busy lives. Many of us are overbooked and underslept. When we do have downtime, we often spend it in front of screens. This near-constant stream of activity and stimulation inhibits one's ability to rest.

It's also important to recognize that for some people, chronic busy-ness is a coping mechanism—and an unhealthy one. In her book *Daring Greatly*, renowned vulnerability researcher Brené Brown describes being “crazy-busy” as “one of the most universal numbing strategies.” The idea is that if you don't have time to process uncomfortable emotions, maybe they'll go away on their own. The truth is almost always the opposite: those neglected emotions persist and grow stronger.

If you're in the middle of a divorce—or any difficult moment in your life—it's time to prioritize your first obligation: your obligation to your own well-being. Add rest and relaxation to the top of your to-do list. A little “me time” is good for you in the long run. You'll come back feeling happier, recharged, poised, and better equipped for the journey ahead.

Whatever your future holds, know that you don't need to go it alone. When you call on an experienced Family Law attorney, such as those at Offit Kurman, you gain a valuable advisor, partner, and advocate. Summer won't last forever, so take a break —your attorney will continue doing the work for you.