

Divorce After 50: What Now?

Divorce after 50 is becoming increasingly common, and it can be a daunting and confusing experience. You may be feeling lost, alone, and unsure of what the future holds. This article will provide you with information and resources to help you navigate the challenges of divorce after 50.

There are a number of challenges that you may face when you divorce after 50. These challenges can include:

- **Financial challenges.** Divorce can have a significant impact on your finances. You may need to divide your assets and debts, and you may need to make changes to your budget.
- **Emotional challenges.** Divorce can be an emotionally draining experience. You may feel grief, anger, and sadness. You may also feel like you're starting over from scratch.
- **Social challenges.** Divorce can affect your social life. You may lose friends and family members, and you may feel like you don't belong anymore.
- **Health challenges.** Divorce can take a toll on your health. You may experience stress, anxiety, and depression. You may also be more likely to develop physical health problems.

There are a number of things that you can do to cope with the challenges of divorce after 50. These things include:



Divorce after 50. WHAT NOW? by Francesca Serritella

★★★★★ 5 out of 5

Language	: English
File size	: 1931 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 50 pages
Lending	: Enabled



- **Seek professional help.** A therapist can help you to process your emotions and to develop coping mechanisms.
- **Join a support group.** Support groups can provide you with a sense of community and support.
- **Take care of yourself.** Make sure to eat healthy, get enough sleep, and exercise regularly.
- **Focus on the positive.** Try to focus on the positive aspects of your life, such as your children, your friends, and your career.
- **Don't give up.** Divorce is a difficult experience, but it is possible to get through it. Don't give up on yourself or on your future.

There are a number of resources available to help you through divorce after 50. These resources include:

- **The American Bar Association.** The ABA provides a number of resources for people who are going through divorce, including information on legal issues, financial planning, and emotional support.

- **The National Council on Aging.** The NCOA provides a number of resources for older adults, including information on divorce, financial planning, and health care.
- **The American Association of Retired Persons.** The AARP provides a number of resources for people over 50, including information on divorce, financial planning, and health care.
- **Local support groups.** There are many local support groups for people who are going through divorce. These groups can provide you with a sense of community and support.

Divorce after 50 can be a challenging experience, but it is possible to get through it. By seeking professional help, joining a support group, taking care of yourself, and focusing on the positive, you can overcome the challenges of divorce and build a new and fulfilling life for yourself.

Francesca Serritella is a divorce coach and the author of the book *Divorce After 50: What Now?* She has helped hundreds of people navigate the challenges of divorce after 50. She is passionate about helping people to find hope and healing after divorce.



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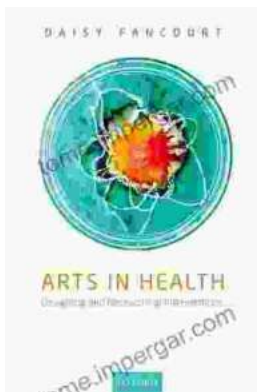
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