



# Co-parenting with kindness & less conflict

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Founder of Divorce  
Goddess™

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# Divorce Oxygen Mask

It is difficult when balancing all the different aspects of being a single parent to remember to fit self-care into divorce days.

Self-care is the oxygen mask for you to be able to get through the tough days and get through them well.

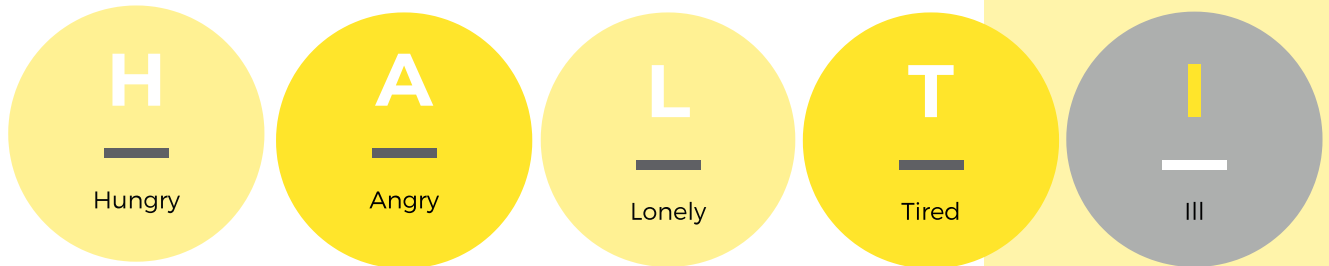
This could look like:

- Not being triggered by your Ex because you aren't sleeping so well
- Getting cross with your Ex in front of your children because you forgot to eat (think hangry)
- Feeling unwell because your immune system is low because you are in permanent Fight, Flight and Freeze mode and your body is full of cortisol (stress hormone)
- Feeling like your head is about to explode with challenging and difficult thoughts and so you react to a text from your Ex rather than respond
- Having a weekend on your own, feeling lonely and taking it out on your Ex at pick up in front of the kids

**If you're saying 'yes' to all or any of these, you need to HALT (I)**



# HALT (I)



Using HALT (I) can help you cultivate a greater awareness of how you are feeling and understand better how your Ex may be feeling. The more we connect to ourselves the better we are able to manage our thoughts, words and actions.

## WHAT YOU CAN DO:

Book in an alarm for you to check in with yourself each day

Get into the habit of doing so, it then becomes a habit, a good habit for co-parenting and life.

Remember to put your oxygen on first as a co-parent, so you are better able to look after your children, work productively and kindly with your Ex.

When you are best able to look after yourself first, you can then manage your stress levels better and become better at co-parenting.



# About Tosh

In 2014 I started a divorce blog called Divorce Goddess, as I felt overwhelmed, scared and depressed about my impending divorce and subsequent future as a single parent. Divorce Goddess, embodies a different approach to divorce - it is about supporting the individual to take ownership of how they think, act and speak.

## "Your divorce is about you not your Ex"

As a mindfulness teacher, coach and Reiki master teacher I deliberately chose 'kindness' as the main foundation of my divorce having been a child of divorced parents.

Featured in the Sunday Times, Times, Weekend FT, BBC, ITV, Sky and others. A speaker at the Divorce Fair 2020, on podcasts, and on mental health summits. The Divorce Goddess podcast was ranked #41 in the US and #16 UK Relationship charts and is found on [Spotify](#) and [iTunes](#).



Co-authored the 2020 #1 Best Seller [Mindfulness for Challenging Times](#) with my chapter Mindful Ways Through Conflict

Included in the 2021 edition of the [Spears 500 Directory](#) as Best of Breed Divorce Support.



For more information on corporate training and private coaching please send me an email to [tosh@toshbrittan.com](mailto:tosh@toshbrittan.com)

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