

## Staying Focused at Work During Your Divorce

Divorce can feel like an emotional roller coaster, which can easily throw off your entire day at work. Instead of allowing your divorce to further disrupt your life and cause problems, there are some steps you can take to remain focused at work, so you can continue to be productive during this troubling time.

### Tips to Help Get You Through the Workday

On any given day, you might experience a vast range of emotions, from depressed to angry or relieved. While you should not force yourself to repress these feelings, there is a time and place for everything and, if you allow yourself to be consumed with what you are going through, it can derail your ability to be productive at work.

No matter what you are going through, the world still turns, and your boss will still expect you to deliver. Moreover, focusing on your work can provide your mind a reprieve from your divorce, so take advantage of this daily escape.

*Continue reading for some more tips on how to stay focused at work:*

1. **Talk to your boss:** If you did not already tell your boss about your divorce, you might want to take care of that now. Of course, you are not required to share this information, but doing so can be helpful. Your boss might notice a decline in your productivity and you will undoubtedly have to miss some time from work to either attend court or mediation sessions. Keeping this a secret might end up being more trouble than it is worth, so tell your boss about it without explaining any of the overly personal details.
2. **Reorganize your workspace:** If your workspace has a lot of personal mementos, consider reorganizing it to avoid getting distracted by anything that might remind you of your spouse. Clear it out and repopulate it with pictures that make you feel calm or items that do not have any associations with your spouse or marriage.
3. **Take a much-needed break:** Obviously, you cannot take a break whenever you want to when you are on the clock, but try to take advantage of the breaks you are allotted. Use them whenever you feel like you need a reset, so you can focus on your work. Go for a walk, watch a funny video on your phone, or grab a coffee.
4. **Distract yourself with work:** For some, diving into work and taking on more projects can help distract them from their troubles. If this is the case for you, try to distract yourself with more tasks, so you can get through the day and feel productive. However, be sure to let yourself work through your emotions when you are off the clock.

### Speak to an Experienced Divorce Attorney Today!

Staying focused at work during a divorce can be challenging, especially if you do not have legal assistance on your side. Instead of trying to get through this on your own, contact the team at Sullivan Law & Associates for the guidance and advice you need to smoothly navigate this process.

**Contact us at (949) 565-2793 to set up a consultation with one of our divorce attorneys.**