

RACHEL SPRUNT

counselling & wellbeing



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Rebuilding after everything: life after cancer, divorce or burnout

Life can throw some of the toughest challenges our way, whether it's recovering from cancer, navigating the end of a marriage or coping with the overwhelming exhaustion of burnout. These experiences can shake us to our core, leaving us feeling lost, unsure, and raw.

But here's the important truth: **there is life after 'everything.'** And rebuilding while it might take time is possible.

It's okay to grieve what you've lost

Whether it's your health, your relationship, your energy, or your sense of self, loss runs deep in these kinds of experiences. Give yourself permission to feel the sadness, anger, or confusion that comes up. Healing begins when you stop pushing those feelings away and start making space for them.

Rebuilding means rediscovering who you are now

Big life changes often mean the old version of "you" doesn't fit anymore. That's hard, but it's also a chance to reconnect with your true self, beyond the illness, the marriage, or the job burnout.

Ask yourself gently: *What parts of me are still here? What do I want to bring forward? What new things am I ready to explore?*

You don't have to do this alone

Rebuilding can feel overwhelming, and it's okay to ask for support from friends, family, or a professional counsellor. Counselling can be a safe space to explore your feelings, gain new perspectives, and find practical ways to manage stress and uncertainty.

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Small steps matter

Recovery and rebuilding don't have to be dramatic. Sometimes, just showing up each day, taking a walk, or making a healthy meal is a victory. Celebrate those small wins.

Your pace is your pace

There's no timeline for healing. It's okay to move forward slowly, to take two steps back, or to pause when you need. Respect your own rhythm because rebuilding is about sustainable growth, not rushing.

Hope is real, even if it feels far away

There will be hard days, that's inevitable. But there are also moments of light, connection, and joy waiting for you. Holding onto hope, even just a little, can carry you through.

If you're rebuilding after a major life challenge and want a compassionate, non-judgmental space to talk, I'm here to support you. Together, we can find your path forward, one brave step at a time.

Rachel .