



## Celebrity Divorce Attorney/Author Gives Tips of What to Do During 'Heartache Leave'



LOS ANGELES, Jan. 30 /PRNewswire/ -- In learning of Japan's Hime & Company's decision to offer its employees "heartache leave," celebrity family law attorney and author, Stacy Phillips (Divorce: It's All About Control -- How to Win the Emotional, Psychological and Legal Wars, ExecuProv Press), says the new perk is a sensible addition to other leaves of absence such as sick and maternity leave. Hoping other companies will follow suit to aid their workers in processing their grief after a bad breakup, Phillips offers the following 10 appropriate unisex activities in which to engage during the one- to-three-day mourning period. They include:



1. A sleepover with your best friend(s) -- You're never too old!
2. Target practice at a shooting range -- How cathartic.
3. Shop until you drop -- Women, shoes; Men, ties.
4. Surf the Internet -- There are lots of reputable dating services.
5. Box -- Don't forget to affix his/her picture to the bag.
6. Watch every movie available on Pay Per View -- Pick dramas. Grab Kleenex. Cry it out.
7. Paintball -- Pets are off limits.
8. Hire your shrink for the day -- The company insurance should pay for it.
9. Stay in your pajamas/favorite sweats -- No answering the door/phone. Sulk.
10. Spa Yourself -- Clock out, clock in there, and don't leave until your "leave" is up.



Phillips contends that a breakup is one of life's hardest and stormiest events to weather, but those releasing hurt, frustration and/or anger once it has happened have a better chance of moving on. "A break up is a loss, a death," Phillips says, "and processing the five steps of loss according to Elisabeth Kubler-Ross -- denial, anger, bargaining, depression and acceptance -- takes time." While one to three days may not be adequate for everyone, Phillips says, it's a start. "Employers are moving in the right direction."



Ms. Phillips is available for interviews to make further comment on "Heartache Leave." Contact KerrPR (714) 550-9900. To learn more about Ms. Phillips, visit: <http://www.controlyourdivorce.com>.



SOURCE Stacy Phillips

