

Sesi®

Winter 2020

GENESIS HALE

Will Always
Come Out On

TOP

OUR SKIN
Is More Than
A TREND
AND THAT'S ON PERIOD

HAUL OUT
THE JOLLY
with our
GIFT GUIDE

IT'S THE
SLEIGH-AGE
FOR US
PAGE 013

\$4.99
www.sesimag.com

SOOO,
which
**NEW YEAR'S
REVOLUTIONS**
Fit Your
#ACTIVISMGOALS?



love, etc.

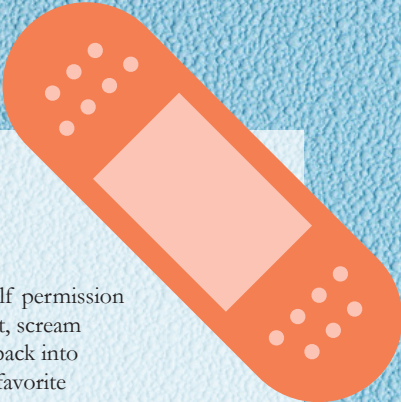


Breaking Down the WALLFLOWER

By Princess Gabbara

The Shy Girl's Guide to Dealing With a Broken Heart

Whether you're on the giving end or the receiving end, breaking up is hard. And the aftermath? It can be painful for a long time, too. But all hope isn't lost. Read on to find out how you can soften the blow and bounce back like a boss.

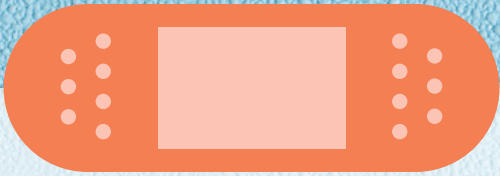


Feel all the feels.

Sadness? Anger? Shock? Betrayal? Relief? Confusion? All of the above? Give yourself permission to feel every emotion, sis. Bottling up your feelings is never a good look, so cry it out, scream it out, and get it out of your system sooner rather than later. Then, pour some love back into yourself with activities that'll make you smile: Dive into a good book, listen to your favorite podcast, make art, write poetry, go outdoors, meditate, bake (and eat!) cookies, bust a move in your room, take on a new hobby, or watch Beyoncé's *Black Is King* for the millionth time.

Connect with yourself.

You may be tempted to schedule a virtual or socially distanced date with the next cutie that catches your eye, but the last thing you want to do is open a new door without closing the other. Real talk: Your heart and mind need time to heal and make sense of what went down in the last relationship. Not only does this prevent you from making the same mistakes again when you finally do meet that new-new, but it'll also teach you more about yourself and what you like and don't like in a boo. You've got to be good on your own before finding love in another person. Period.



Seek therapy, if needed.

It's hella normal to feel sad and even a little hopeless during the first few weeks following a breakup — especially if it wasn't mutual. However, if those feelings of sadness and despair persist and you start losing interest in your favorite hobbies or cutting yourself off from your crew, consider reaching out to a therapist, who can help you work through your feelings and develop positive coping methods. (Side note: Because pandemic, tons of therapists are offering their services virtually. Betterhelp.com and Talkspace.com are good places to start.)

Find the lesson.

The ugliest situations can leave behind the most beautiful lessons if you're open to receiving them. Remember, relationships take two to make them work (or not). Maybe you grew apart, or maybe it just wasn't the right time for one or both of you to put in the necessary work. Next time, you'll start off the 'ship even stronger, fiercer, and more confident than before.