

Overcoming Dating Fatigue

Dating fatigue – it's a common feeling among singles in the modern dating scene. If you're feeling drained, frustrated, or just plain tired of the dating game, you're not alone.

My first recommendation is to STOP dating when you notice this. It is not worth it to go out, or even swipe or look at profiles if you are feeling tired and are not excited about the idea of meeting someone new and starting new conversations with people. Instead, take on these strategies to support yourself and get back into it with a healthy perspective.

Here are some practical strategies to help you overcome dating fatigue and rediscover the excitement and potential in your dating journey.

Acknowledge Your Feelings:

First things first – it's essential to acknowledge and validate your feelings of fatigue. Dating can be exhausting, and it's okay to admit when you need a break. Take some time to reflect on how you're feeling and give yourself permission to prioritize your mental and emotional well-being.

What do you do on a regular basis to feel your feeling and express them? If this is something you want support with, set up an initial consultation and have a conversation with me. I regularly work with clients to use emotions to regulate their life.

Reflect on Past Experiences:

Take a moment to reflect on your past dating experiences. Are there any recurring patterns or triggers that contribute to your feelings of fatigue? Reflecting on past experiences can provide valuable insights into what drains your energy and help you approach future dating endeavors with a fresh perspective.

You don't need to go out and get a new journal. I just journal in the notes app of my phone.

Set Realistic Expectations:

It's easy to get caught up in the idea of finding "the one" or having a perfect relationship. However, it's also important to set realistic expectations in dating. Instead of focusing solely on finding a partner, try shifting your focus to personal growth and self-discovery or just having fun. Enjoy the process of meeting new people, learning about yourself, and embracing opportunities for growth along the way.

TRUST THE PROCESS and the universe:) Make dating about your experiences rather than finding the one and the rest will fall into place.

Take Breaks and Practice Self-Care:

Dating can be demanding, so don't hesitate to take breaks when you need them. Prioritize self-care and engage in activities that bring you joy and relaxation. Remember not to think of this as stopping your dating but rather as part of the dating experience. Just because you take a break does not mean you give up completely.

Whether it's spending time with loved ones, indulging in a favorite hobby, or simply taking a day to rest and recharge, remember that taking care of yourself is essential for maintaining a positive outlook in your dating journey.

Try New Approaches:

If you're feeling stuck in a dating rut, consider trying new approaches to meet people. Step out of your comfort zone and explore different activities or platforms to expand your social circle. That could look like joining a new hobby group, attending a singles event, or exploring niche dating apps. Trying new things can introduce you to new people and fresh perspectives.

Seek Support:

Lastly, don't hesitate to seek support if you're feeling overwhelmed or stuck in your dating journey. Whether it's talking to a trusted friend or family member, joining an online support group, or seeking guidance from a professional dating coach, reaching out for support can provide encouragement and valuable insights as you navigate the ups and downs of dating.

Remember, it's okay to take things one step at a time, and most importantly, be kind to yourself along the way.

Social media/email blurb:

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COACHING
BY VARSHA



Overcoming Dating Fatigue



On The Blog