

# 5 Ways That Divorce Can Affect Your Athletic Performance

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Divorce is ranked as one of the most traumatic life events people experience next to the death of a loved one or serious illness. Deciding to go your separate ways is a huge deal that brings with it a lot of financial, personal and legal trouble. It is not surprising that when someone goes through a divorce, the stress that results can often leave the person in extreme distress.

Such pain and agony not only affects your well being but also your athletic performance, especially if you're a sportsman. Here are 5 ways of how divorce can affect your health and how to protect yourself from them by partnering with a [family law attorney in Galveston, TX](#).

## **Depression**

One of the first things you'll experience during a divorce is depression. Divorce makes people think that they are a failure and that they let down their spouse and family. Depression leads to many other larger health issues. The best remedy for depression is to seek counseling.

## **Weight Change**

Significant changes in weight is not an uncommon thing post-divorce. Depression from a divorce can lead to many health changes that include rapid weight loss/gain.

## **Insomnia**

Quality sleep is very important for athletic performance. When going through an internal conflict or fighting a divorce case, you can easily lose the ability to sleep well.

## **Loss of appetite**

As an athlete, you have very special nutritional needs. Divorce and depression can lead to a loss of appetite. When you can't eat properly, your health and athletic performance significantly drop.

## **Anxiety**

Anxiety has a huge strain on our body. Having to live and share your life with a spouse is a big part of our life and when we have to move on, anxiety is the first thing in our system that shoots sky high.

## **How a Family Law Attorney in Galveston, TX Can Help You?**

Most of the depression and stress from a divorce is due to post-divorce concerns like child custody, property division, financial problems, spousal support, and child support. When you and your spouse are unable to agree on the terms of a divorce, an extreme conflict can result.

Without legal help, this conflict can be very traumatic. Having to fight with your spouse not only disturbs you but is also a terrifying experience for your children. All of these can contribute to stress, anxiety, and many more health issues.

A Family law attorney in Galveston, TX can help you take this conflict to the court where everything can be settled without intense episodes of anger and arguments. Hiring a divorce attorney is probably very good for your health too. Since most of the work will be dealt with by the attorney, you can concentrate on your health and sports.