

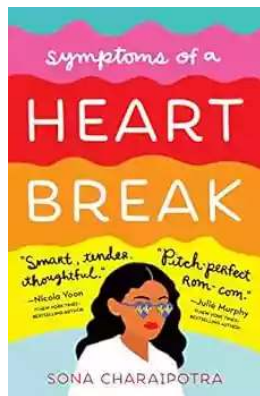
10 Heartbreaking Symptoms You Should Never Ignore!

Heartbreak is an all-consuming emotion that can affect us in profound ways. It's not just a mental state, but also a physical one. The symptoms of heartbreak can be diverse and overwhelming, impacting our overall well-being. In this article, we will explore the various signs and symptoms associated with heartbreak, shedding light on this universal, yet often misunderstood experience.

The Emotional Rollercoaster: Signs of Heartbreak

1. Intense sadness and prolonged grief:

Heartbreak often manifests as a deep sadness that seems to linger. It can make you feel heavy-hearted and may lead to prolonged periods of grief.



Symptoms of a Heartbreak

by Sona Charaipotra (Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English

File size : 5312 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 334 pages



2. Loss of appetite or overeating:

Heartbreak can disrupt your appetite, leading to changes in eating patterns. Some people may lose their interest in food, while others may seek comfort in unhealthy eating habits.

3. Insomnia or excessive sleep:

Difficulty sleeping or excessive sleep can be common symptoms of heartbreak. Your mind may be filled with thoughts or memories, making it hard to fall asleep or stay asleep.

4. Lack of energy and motivation:

Heartbreak can drain your energy levels, leaving you feeling physically and mentally exhausted. You may lose interest in activities you once enjoyed and struggle to find motivation.

5. Social withdrawal:

Feeling heartbroken often leads to a desire to isolate yourself from others. You may have a tendency to cancel plans, avoid social gatherings, or simply withdraw from your usual social circle.

Physical Markers of Heartbreak

6. Chest pain or tightness:

Heartbreak can manifest as real physical pain. Some individuals experience tightness or aching sensations in their chests, mimicking the symptoms of a heart attack.

7. Headaches or migraines:

Stress and emotional turmoil resulting from heartbreak can trigger headaches or even migraines. These can range from mild to severe, further adding to the overall distress.

8. Weakened immune system:

Heartbreak can take a toll on your immune system, making you more susceptible to illnesses and infections. Frequent colds or prolonged bouts of illnesses may signify a weakened immune response.

9. Digestive problems:

Upset stomach, nausea, or digestive issues often accompany heartbreak. The emotional distress can affect the gut, leading to discomfort, bloating, or even irritable bowel syndrome (IBS) symptoms.

10. Fatigue and muscle tension:

Heartbreak can leave you feeling exhausted and physically drained. You may notice increased muscle tension, which can contribute to overall fatigue and body aches.

Understanding and Healing from Heartbreak

Healing from heartbreak takes time and self-care. It is important to recognize these symptoms as normal, natural responses to emotional pain. Ignoring or suppressing these emotions may only prolong the healing process. Here are some strategies that can help:

1. Allow yourself to feel the pain:

Acknowledge your emotions and express them in healthy ways. Journaling, talking to loved ones, or seeking professional help can provide an outlet for processing your feelings.

2. Practice self-compassion:

Be kind to yourself during this difficult time. Engage in activities that bring you comfort and joy. Surround yourself with supportive friends and family members.

3. Seek professional help if needed:

If your symptoms persist or become unmanageable, consider reaching out to a therapist or counselor. They can help you navigate through the healing process and provide tools to cope with heartbreak.

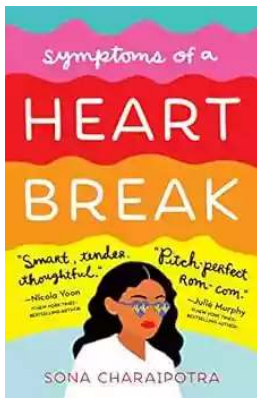
4. Focus on self-care:

Engage in activities that promote self-care and well-being. Exercise regularly, get enough sleep, eat nutritious meals, and practice relaxation techniques like meditation or yoga.

5. Embrace personal growth:

Heartbreak can provide an opportunity for self-reflection and growth. Use this time to evaluate your needs, desires, and aspirations. Discover new interests and cultivate self-love.

Remember, heartbreak may feel overwhelming, but it is a natural part of the human experience. By understanding and addressing the symptoms, you are taking an important step towards healing and personal growth. Take care of yourself and allow time to mend your broken heart.



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"Doogie Howser, M.D. meets *The Fault in Our Stars* in this tender romcom." —
Teen Vogue

The youngest doctor in America, an Indian-American teen makes her rounds—and falls head over heels—in Sona Charaipotra's contemporary romantic comedy *Symptoms of a Heartbreak*.

Sixteen-year-old Saira has always juggled family, friendships, and her *Girl Genius* celebrity. Now, as the youngest med school graduate ever, she can finally achieve her mission to treat young people dealing with cancer.

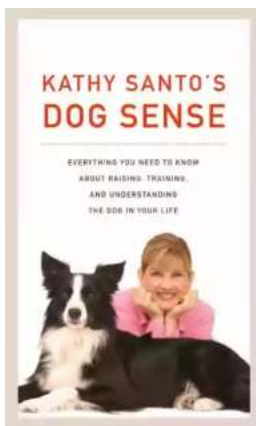
But proving herself in life-or-death situations is tough when everyone from her boss to her patients can't see past her age to trust her skills. And working in the same hospital as her mom isn't making things any easier!

Life gets even more complicated when Saira falls for a teenage patient. To improve his chances, she risks her lifelong dream—and it could cost her everything.

In her solo debut, Sona Charaipotra brings us a compelling #ownvoices protagonist who's not afraid to chase what she wants. Symptoms of a Heartbreak goes from romantic comedy highs to tearjerker lows and is the ultimate cure-all for every reader needing an infusion of something heartfelt.

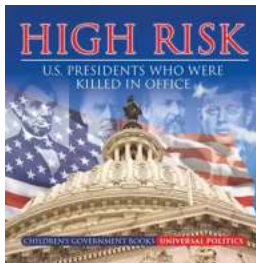
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"Fans of YA contemporary don't want to miss this one." —Buzzfeed



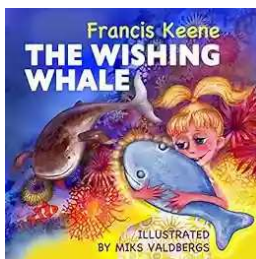
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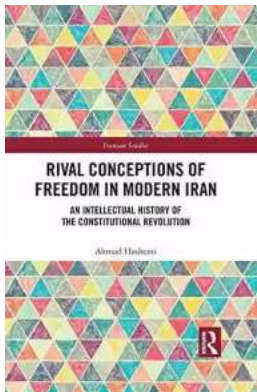
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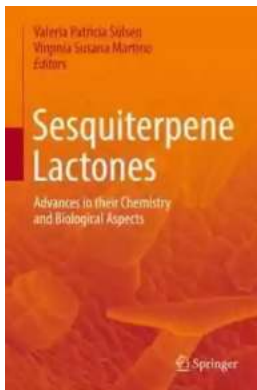
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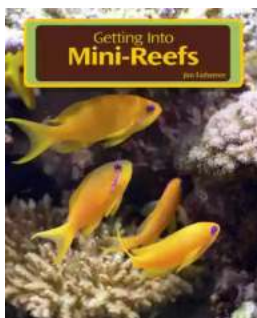
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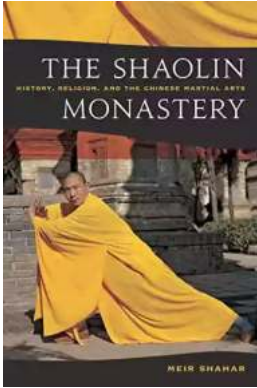
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