



Let's change the norms of dating: treat each other well,
have an open mind and make a better world

Green and Red Flags handout

Social media links

Website and blog: rachelnewdatingcoach.co.uk

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Rachel's Books

[Dating diary](#)

[Mindfulness journal](#)

[Workbook](#)

Relationship articles

[Self-Care In Dating And Relationships](#)

[Mental health, dating and relationships](#)

[Needing Space](#)

[Am I emotionally available?](#)

Articles about red flags

[Could I be the victim of a dating scam?](#)

[Protecting yourself from online dating crime](#)



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Self-care and feeling good about yourself

Video: [Meditate before a date](#)

[Self-Care In Dating And Relationships](#)

[Mental health, dating and relationships](#)

Divorce resources

Video: [How do I know when I'm ready to date again?](#)

Video: [Dating After Divorce](#)

<https://divorceclub.com/support/dating-mistakes-post-divorce/>

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