



Press Release

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Three in four divorcees say they are finally happier post-separation

New research suggests that many people experience greater emotional wellbeing after ending an unhappy marriage, highlighting an important truth about relationship health.

With 78% of UK divorcees saying they are much happier after their separation, divorce may be the reset button people need for their mental wellbeing and stress relief.

Separation or divorce is one of the most challenging moments someone can experience in their life. The recent research conducted by law firm Slater and Gordon aims to counter this narrative, reframing divorce as a practical and empowering solution for many couples.

The research shows that it takes an average of 14 months for people to make the first step to separate; with many delaying due to concerns such as the impact of divorce has on children (56%) or pressure from cost-of-living (35%). Before making the decision, couples are reported to spend an average of 2.4 years attempting to make the relationship work.

Whilst divorce is rarely rushed, more than half of divorcees regret delaying the process. 43% of respondents said their delay caused more stress and anxiety, 34% reported more arguments occurring and a further 30% said the divorce became more toxic with further tensions brewing with their partner.

However following the divorce process, the research highlights a clear positive outcome for divorcees moving on from their separation. Nearly 80% of respondents felt a weight lifted once their divorce was finalised, with 48% saying their mental health improved after the divorce.

Amongst improvement of their mental health and wellbeing, many respondents could achieve the independence they had ultimately been seeking. 42% of respondents reported they had more time for themselves and 30% gained financial independence.

Many respondents said their happiness could finally prioritise their own happiness (42%). While people fear divorce can harm their mental health, the research uncovered the opposite – where four in five respondents found the experience emotionally freeing once complete.

Jennifer Brunt, Head of Family Law explains further *“Divorce is never a decision people rush into. As shown by the research, most couple find themselves trying every solution they can to repair their relationship or overcome any barriers. When all avenues are explored, divorce can be a very empowering step for all. People can focus on their wellbeing, their happiness and prioritise their family members, such as their children, even further.”*

“Our role as family lawyers is to help you navigate what your future can look like, and explore options for you. Earlier advice can further protect your wellbeing and ensure an amicable solution is met. Whilst it's a difficult decision to come towards, we can help you every step of the way.”

About The Research

The findings are based on a survey of 2,000 UK adults who are married, in a civil partnership, divorced, or currently going through a divorce. It covers reasons marriages end, the solutions couples try to save their relationship, and the emotional, financial, and practical considerations that shape the decision-making process.

Take A Breath

This year, Slater and Gordon has launched its new Take a Breath hub, designed to help you pause, understand your options, and take the first step forward with confidence. Whether you're planning ahead, navigating separation, or starting again later in life, our guides and expert advice are here to support you through every stage. Access the hub here:

slatergordon.co.uk/family-law/family-support/