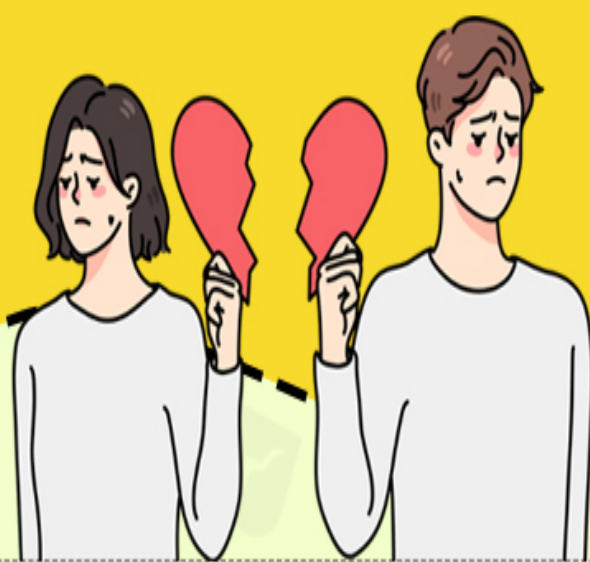


How To Get Over A Breakup?



Distance yourself from your ex and allow yourself some room.

Keep yourself busy and avoid spending too much time alone during the first few weeks. Plan the weekend with friends and try to enjoy it.



Dedicate a few hours of the day to the things you love doing. Go out on a solo date or watch a movie.

Spend time with your family. If you can, go home and stay there for a few weeks. A change of place could benefit you.



Do not try to drown your sorrows in alcohol or other drugs. You might feel good for a while but regret it later.