

Celebrity Break-Up: Danica Patrick Is Doing 'Emotional Therapy' After Aaron Rodgers Split



By Alycia Williams

In latest [celebrity news](#), Danica Patrick posted about doing an “emotional therapy” workout just weeks after her [celebrity break-up](#) from NFL quarterback Aaron Rodgers. According to *UsMagazine.com*, Patrick posted a photo on Instagram that showed her posing beside a mountain lake. The photo was captioned “I got me, I always have.” Patrick explained that she started doing The Class workout a week ago after her friend Heather Nielsen said she was loving it. “Turns out, now I do too!” she wrote of the calisthenics and plyometrics routine.

In celebrity break-up news, Danica Patrick is working on herself emotionally after her break-up from Aaron Rodgers. What are some ways to cope during a hard time after a split?

Cupid's Advice:

A break-up can be hard time in life. Finding ways to get back to your old self is difficult. If your are looking for ways to

cope during a hard time after a split, Cupid has some advice for you:

1. Write it or talk it out: Writing out your thoughts in a journal, having a good cry, or talking to a therapist can help you process and gain the clarity you need to see why the relationship didn't work and why you'll be better off without your former partner.

Related Link: [Celebrity Break-Up: Danica Patricks Posts About 'Pain' After Aaron Rodgers Split](#)

2. Get active: Going for a run or hitting the elliptical can lower your stress levels, improve cognitive functioning and boost your mood in addition to providing a healthy distraction from your worries. Even if exercising is the last thing you want to do, the act of simply getting out of your head and focusing your awareness on your body can be helpful.

Related Link: [Celebrity Break-up News: Brian Austin Green Confirms Split from Megan Fox After 10 Years of Marriage](#)

3. Do things you love: Treat yourself to something that make you feel good, whether it's a cup of coffee with a friend or a massage. Self-care is essential to the healing process, and doing things that make you smile can help you heal.

What are some other ways to cope during a hard time after a split? Start a conversation in the comments below!