


Kate Winslet Back On the Dating Scene



 Kate Winslet appears to be taking a page from Marilyn Monroe's book with a case of the seven-year itch. According to [Us Magazine](#), the actress is going public with her new relationship with British model Louis Dowler, after announcing in March that she and director Sam Mendes had split after nearly seven years of marriage. "Kate certainly seems smitten," a source familiar with the couple told the UK's [The Mirror](#). "Who wouldn't be?... They've really got something special."

What's the best way to jump into a new relationship after severing a long-term one?

Cupid's Advice:

Getting back into the dating scene after a divorce or breakup can be awkward. Cupid has some advice to make sure you make the most of it:

- 1. Time for a makeover:** When you look your best, you will most likely feel your best. Break away from the old you and do something to make yourself feel great before venturing back into the dating game.
- 2. No time for a do-over:** Take the time to figure out what went wrong with your last relationship, and determine what the essential qualities you are looking for in another person. The last thing you want to do is find yourself getting involved in a similar situation, which will most likely end badly.
- 3. All the single ladies! (and men):** Though it might be

difficult, don't go on the date with thoughts of your last relationship. Leave your troubles at home or in the therapist's office. Think of this as an opportunity to be yourself, be single, and start fresh.

There is no timeframe for starting to date once again. Everyone is different. When you feel ready, go for it and have fun.