

Selena Gomez Beams at Bash Post-Split with Justin Bieber



By Jennifer Ross

Even though her breakup with ex Justin Bieber is still fresh, Selena Gomez is out on the red carpet, looking fabulously single. At Glamour's 22nd Annual Women of the Year Awards in New York City, Gomez looked "bubbly and upbeat," sources reported to UsMagazine.com. "She looked genuinely happy...not like she was sad or bummed out at all." Dressed in all white by Giambattista Valli, with a deep v-neck up top, this singer was especially excited when she won her Woman of the Year award and gave a hopeful speech to the audience. "I just want to share with all the girls out there – you have a voice, you have a chance. Just do what you love."

What are some ways to move on quickly after a breakup?

Cupid's Advice:

Although it's difficult to go through, a breakup is not the end of the world. Sometimes, it can actually be a good thing. You now have time to re-find yourself and do the things you love again that got lost in the relationship. Don't know where to start? Here are three tips to get you moving forward:

1. Clean house: First, collect all the things around your home that remind you of your relationship and move them out. The goal is to make a space that is only yours, not a shrine to a past love. Also, don't worry about getting your things back from your ex. You're better off buying them again then risking a relapse.

2. Make plans: Now that you have free time, make plans for all the things you didn't have time for when you were dating. Meet up with old friends, dust off your surf board or roller blades take up a new class. Whatever it is, get out there again and have fun.

3. Take time: Regardless of whether you or your ex broke up, you are going to need time to heal. Therefore, save some of your time to be alone and reflect back on what went wrong. You must reevaluate the past issues in order not to repeat them.

What did you do to move on quickly after a breakup? Comment below.