

Taylor Swift Recovers After Split with Jake Gyllenhaal

Taylor Swift's breakup with actor Jake Gyllenhaal has not had any lasting effects on the country crooner, reports UsMagazine.com. Swift is heading out on a worldwide tour for her new album *Speak Now* and is excited for the opportunity. "I can't wait!" revealed Swift on a Nashville radio station. "Getting back on the road is something I have been looking forward to for a really long time." Gyllenhaal, 30, broke up with Swift, 21, last month. Since the breakup, the two have briefly reunited for a dinner at Nashville restaurant Bound'ry. Though Swift was "thrown" by the date, Gyllenhaal wished "to see if there was anything still between them, if they could recapture the magic," revealed a source. "Sadly, it wasn't there."

What are ways to distract yourself from heartbreak?

Cupid's Advice:

All individuals react to breakups differently. While some immediately put the past behind them, others turn to a gallon of chocolate ice cream. Here are a few ways to distract yourself from heartache:

- 1. Keep busy:** Try volunteering in your spare time, or pick up a part-time job. If your current job is already time-consuming, then try putting even more effort into it. Don't allow yourself too much time to mourn your past relationship.
- 2. Meet new people:** Take a class, attend a sporting event or go to a concert. Going somewhere with a large group of people will help you socialize and make new friends, which will fill part of the void left by your ex-partner.

3. Visit family: Find an excuse to visit your parents or a sibling for the weekend. Your family will not only distract you, but they will probably help you recover because they understand you better than anyone else.