

# 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](http://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.