

# Has Vanessa Hudgens Moved On?



*High School Musical*

star Vanessa Hudgens is all grown up and has a new man. According to [People](#), the brunette beauty has been seen at Hollywood awards shows and premieres with Josh Hutcherson from the Oscar Award Winning film, *The Kids are Alright*. This new development came just a few weeks Vanessa Hudgens' ex, Zac Efron, was seen heating it up with actress, Teresa Palmer.

**How long do you wait before moving on after a split?**

## **Cupid's Advice:**

Mourning is important after a breakup, but try to keep it to a minimum. Life is short. Don't waste it being sad over someone who probably wasn't worth it in the first place:

- 1. Instant gratification:** If you are one of those rare people who can get over a breakup immediately, the more power to you.
- 2. Waiting too long is unhealthy:** If a month has gone by and

you still haven't gotten over your ex, you may want to consider seeking professional help.

**3. Give it a week:** If you need to give yourself a week to get yourself together, go for it. However, when your time is up, there are no extensions.