Celebrity News: Allison Janney Reveals How Anna Faris Is Handling Split from Chris Pratt

By [Marissa Donovan](#)

Anna Fari's co-star Allison Janney recently shared how Faris has been doing on set of *Mom* since her [celebrity break-up](#) from Chris Pratt. According to [EOnline.com](#), Janney believes that Faris has been a trooper through her split and has remained professional while working. Janney is also close with Pratt and was sad to hear the news when the former [celebrity couple](#) called it quits. The newly [single celebrity](#) has kept a smile on her face and continues to work hard. We hope Faris and

Pratt can continue staying strong!

This [celebrity news](#) has us happy for Anna Faris. What are some ways to cope in the workplace after a very recent break-up?

Cupid's Advice:

Moving on after a break-up is not a cake walk, especially when you have to continue working. Here are some [relationship tips](#) for how to cope in the workplace after your most recent split:

1. Take on new projects: Some may say taking on new projects after a break-up might be risky since you might not be in the best state of mind. It's actually a good start to channel all your anger and sadness into something positive. You may even find yourself impressing your boss or co-workers.

Related Link: [Celebrity Break-Up: Anna Faris Opens Up About Split from Chris Pratt](#)

2. Socialize more during lunch breaks: Put yourself out their during lunch breaks! Socializing will help relax your post break-up anxiety and keep you from dwelling on old feelings. You might end up becoming closer with your co-workers, plus it will help your networking abilities!

Related Link: [Celebrity Break-Up News: Anna Faris and Chris Pratt Split After 8 Years](#)

3. Organize your workplace: Clean up your office space or work site as a therapeutic way to cope with your current emotions. Break-up are great for starting over and your work space could probably use a make over as well!

How can you cope in the workplace after a break up? Let our

readers know in the comments!