

Celebrity Break-Up: Anna Faris Is 'Fantastic' Amid Chris Pratt Divorce, Says Allison Janney



By [Melissa Lee](#)

It's been a couple of weeks since Anna Faris and Chris Pratt shocked Hollywood with their [celebrity break-up](#), but it seems as though Faris is doing fine despite the [celebrity divorce](#) proceedings. Faris' co-star Allison Janney revealed to [UsMagazine.com](#) that Faris is "fantastic" and extremely professional when coming into work. "It's good to have things like work to hang on when you're going through a difficult time," says Janney. Faris and Janney presented an award at the 69th Primetime Emmy Awards this past Sunday, and while Pratt did not make an appearance, he told photographers that he thinks she did a great job. Kudos to these exes for staying civil during such a difficult time!

It looks like Anna Faris is keeping it together amid her divorce! What are some ways to stay strong during a split?

Cupid's Advice:

Splits can get messy and difficult, but Anna Faris seems to be handling hers quite well. If you find yourself struggling to stay strong during a break-up, check out Cupid's tips:

1. Try to make it positive: We know it's easier said than done, but try looking at the break-up in the most positive way possible. Even though it can be *super* sucky, remind yourself that relationships tend to be learning experiences. Sometimes they don't work out or you two aren't meant to be, and that's totally okay. Commend yourself for getting this far and keep it moving.

Related Link: [Celebrity Break-Up: 'Bachelor in Paradise' Star Amanda Stanton Opens Up About Her Split from Robby Hayes](#)

2. Stay civil: Instead of bad-mouthing your ex and possibly starting drama regarding the former relationship, try your best to stay civil with them. Faris and Pratt seem to be doing a great job doing this, especially since they have a child together. If you make an effort to be civil with your ex-lover, you'll start to feel less angry with them. It'll be a gradual process, but totally worth it in the end.

Related Link: [Celebrity Divorce: Fergie and Josh Duhamel Call It Quits](#)

3. Focus on yourself: Take this time to do activities that will make you feel stronger, whether it be physically or mentally. Head to the gym and begin a healthier lifestyle, or take up yoga or meditation. Regardless of what will make *you* feel like a more positive human being, try out this tip to ensure staying strong during this tough time.

What is your advice for staying strong during a split? Leave your thoughts below.