


Celebrity Break-Up: Olivia Wilde Ditches Engagement Ring After Jason Sudeikis Split



 By Nicole Maher

In the latest [celebrity news](#), Olivia Wilde has removed her engagement ring after her [celebrity break-up](#) with fiancé Jason Sudeikis. According to *UsMagazine.com*, Wilde was first spotted without her ring while spending some time at a horse stable in Los Angeles, California. The couple began dating in November of 2011 and announced their engagement in January of 2013.

In celebrity break-up news, Olivia Wilde is no longer sporting the engagement ring she got from ex Jason Sudeikis. What are some physical ways you can cope with a break-up?

Cupid's Advice:

One of the hardest things to deal with in a break-up is letting go of some of the physical reminders of your relationship. If you are looking for some physical ways you can cope with a break-up, Cupid has some advice for you:

1. Lose the jewelry: Whether it's an engagement ring or a necklace, taking off any jewelry that was given to you by your ex is a good first step in removing physical reminders of your

break-up. This will also give others the clue that your relationship has ended without you necessarily needing to tell everyone verbally. After some time has passed, you can decide what to do with the jewelry long-term.

Related Link: [Celebrity Break-Up: Lamar Odom & Fiancée Sabrina Parr Call It Quits](#)

2. Clean your social media: In the modern age, nearly everyone in a relationship has shared some pictures with their partner on social media. Another physical way of coping with a break-up is to clear that person from your field. This can include archiving pictures of you two together, removing tags from past photos, and muting or unfollowing your ex's account.

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3. Put away past gifts: While you may have a sentimental attachment to some of the gifts your ex has given you in the past, it is a good idea to remove these gifts from view. Just like with jewelry, placing the gifts you've received in a box and putting them away for a while can help take your mind off the break-up. Once your emotions have settled, then you can decide what to keep, return, and get rid of.

What are some other physical ways that can help you cope with a break-up? Start a conversation in the comments below.