

# Cameron Diaz Discusses Her Break-Up Style: Break Up And Move On



They say breaking up is hard to do, but that certainly isn't the case for 'Bad Teacher' star Cameron Diaz. Diaz told UK's 'News Of The World', "We break up, we move on," in response to recent reports that she split from baseball hottie A-Rod, according to [RadarOnline](#). Diaz's new movie 'Bad Teacher' in which she plays a raunchy, go-for-broke educator is set for release June 24th, and her character in the movie isn't far off from who she is in real life. When Diaz appeared on Jimmy Kimmel in February, she proclaimed, "I love porn" and told a British newspaper that sex is her favorite sport. Seems like a break up is the last thing the actress is concerned about!

**What are some ways to quickly move on from a breakup?**

**Cupid's Advice:**

It's not always easy to get over a break up, but Cupid has some advice on how to quickly move on from a break up:

**1. Just accept it and move on:** Take a tip from Cameron Diaz and simply accept that people break up and move on. Clearly it's working for her!

**2. Put it out of your mind:** Distract yourself with work and friends so that you don't even think about your split.

**3. Focus on yourself:** Try a new activity, hit the gym or read a book; focusing on yourself is the best way to get over a break up while helping yourself feel empowered.

**How did you quickly get over a break up and move on? Share your thoughts below.**