

Newly Single Lauren Conrad Gets a Hair Makeover



Fresh from her breakup, Lauren Conrad is trying a fresh new hairdo, reports UsMagazine.com. *The Hills* alum asked fans to vote on her blog whether she should get temporary multi-colored streaks in her hair or not. After an overwhelmingly positive response, Conrad blogged, "You voted and I did it. Thanks for playing." The 25-year-old author and designer broke up with *My Boys* actor Kyle Howard in June, leaving her "heartbroken," according to a source.

How can you re-vamp your outlook on life post-breakup?

Cupid's Advice:

After ending a relationship, sometimes you need to re-adjust your life. Cupid has some ideas on how to change your frame of mind after a breakup:

1. Take a trip: If you take some time off and go somewhere new, your perspective on things might change. Traveling will give you time to think and reevaluate your life.

2. Have a makeover: Upgrade your look like Lauren Conrad, and you'll end up upgrading your outlook. Try a new hairstyle or some new outfits and you'll feel like a new person.

3. Date: Rebound relationships are usually a bad idea. But going on a couple of first dates with new people will help you remember that there are other opportunities out there.

What do you do to gain perspective after a breakup? Share your comments below.