

Jennifer Lopez Isn't Sitting Around Crying After Split

Jennifer Lopez could not be more relieved to be out of her seven-year marriage with Marc Anthony. According to [People](#), while Anthony called the split “painful,” J. Lo is at peace and moving on with her career. The singer/actress’ two current major projects are shooting the movie *What to Expect When You’re Expecting* and renewing her contract as a judge on *American Idol*.

How do you deal with going back to work after a tough break-up?

Cupid’s Advice:

After a break-up, you may not be ready to date again or even have a night out on the town with friends, but you usually don’t have a choice about going back to work. Here are some ways to make it through the work day post-break-up.

- 1. Focus on the task at hand:** Going to work can actually be a positive thing after a split. Dive into your work. Not only will you be more productive than ever, but you’ll forget all about your ex.
- 2. Get a new outfit:** Break-ups may mark the end of a relationship, but they’re really all about new beginnings. Show up to the office on Monday feeling fresh in a new outfit and hairstyle.
- 3. After-work drinks:** Invite your co-workers out for drinks after work. Who knows? You may find your next love interest by getting out there.

**How else can you manage life at the office after a break-up?
Share your thoughts below.**