

# Tom Cruise Is Spotted In Iceland After Katie Holmes' Divorce Filing



Earlier this week, Katie Holmes filed for divorce from Tom Cruise, a shocking split that neither Cruise nor observers saw coming. As a source told [UsMagazine.com](http://UsMagazine.com), the two seemed very happy just two weeks ago during a dinner together in Iceland. Though the terms of the divorce have not been settled, Holmes is seeking sole custody of their daughter, Suri. Two days after the divorce was filed, Cruise was spotted for the first time since the two split. He was flying in a helicopter away from Iceland. His destination is unknown, and he did not seem eager to appear to the paparazzi.

## How can you cope with day-to-day life after a split?

### Cupid's Advice:

It's never easy to get past a breakup, especially if it catches you by surprise. However, there are some things you can do that will help you get past your sadness. Here are some tips for getting through a split and moving on:

**1. Rely on your friends and family:** It can be difficult to be alone after spending so much time with your ex. Making time for friends and family will help keep your mind off of your breakup and show you that you are still loved by many people in your life.

**2. Find a hobby:** Being single is the perfect opportunity to learn a new hobby, perhaps one that you may have been considering for a long time but never had the time. Whether you take up yoga or scrapbooking, you'll not only find something new to love, but you'll also be doing something new for yourself.

**3. Don't rush it:** Even if your ex has moved on to a new partner, you shouldn't feel pressured to do the same. Everyone works through breakups at their own pace. Give yourself the time you need to heal before jumping back into the dating world.

**What are some ways you cope after a breakup? Tell us below.**