

Jon Stewart Consoles Rob Pattinson With Ice Cream



There's nothing that ice cream can't fix, or at least that's what Jon Stewart thinks. Stewart pulled out the Ben and Jerry's for Rob Pattinson's first public appearance post Kristen Stewart cheating scandal on Monday night's *Daily Show*. An audience member told UsMagazine.com, "Jon brought out the ice cream for him and Rob to eat, almost like Jon was feeding it to Rob to help him get through a breakup . . . Jon didn't ask anything about Kristen, but it was obvious that was what the ice cream was for." Even though Stewart was kind enough to not mention the scandal directly, Pattinson certainly acknowledged the elephant in the room. He said his only regret was not hiring a publicist during the media frenzy.

What are some things that help you feel better during a breakup?

Cupid's Advice:

The pain of heartache may seem like the end of the world, but there are a couple of things you can do that will minimize the hurt. Here are some ways to help you feel better during a breakup:

1. Comfort food: There are certain foods, like ice cream, that everyone needs to indulge in during a breakup. The sugars mixed with the decadence of dessert foods will have you feeling better in no time.

2. Friends: In even the saddest of moments, friends should be there to make you smile and laugh even when you feel like crying. If you invite your friends over for take out and drinks, you'll be questioning how you were ever depressed about your split.

3. Retail therapy: Shopping for whatever you may like will help anyone get through a breakup because it is something to look forward to. For girls mostly shoes and clothes does the trick, and for guys maybe buying a new car. Either way, new possessions can make you feel better about yourself, even if only momentarily.

**What would you do to help you feel better during a breakup?
Tell us below.**