

Hilary Swank and John Campisi Split



Hilary Swank's five-year relationship has ended. She and (now ex-) boyfriend John Campisi have called it quits, according to [People](#). The pair began dating in 2007, a year after her divorce from Chad Lowe.

What do you do directly after a breakup with a long-term partner?

Cupid's Advice:

It's difficult to navigate a breakup, especially with a long-term partner. Here are some things you can do to ease the

ache:

1. Control your environment: Surround yourself with people you love who make you happy to lessen the blow from a split.

2. Do what makes you happy: Find ways to find comfort in yourself: pamper yourself, work out, and set goals that you know you can reach.

3. Reflect: Think about your relationship and what you have gained and learned from it – and from the breakup. Forget the negative and seek out the benefits from this experience.

What do you do directly after a breakup with a long-term partner? Share your story below.