

Kim Kardashian and Miles Austin Take a Break

☒ Brunette bombshell Kim Kardashian has split from yet another NFL beau. [RadarOnline](#) reports that the reality TV star is taking a break from Dallas Cowboys boyfriend, Miles Austin. Even though Kim once said that she'd never date another football player, Cupid has reported on her tendency to date the same type. As with her split from ex-beau Reggie Bush, Kim is spending some time alone post-breakup. A source close to the couple said that the pair split before Kim departed for a European trip to promote her E! show *Keeping Up With the Kardashians*. "It's typical after a breakup for Kim to take some time by herself," the source told RadarOnline. "When she broke up with Reggie, she went to Mexico and now after her break with Miles she went to Europe."

Is it healthy to go on vacation right after a breakup?

Cupid's Advice:

After calling it quits, you often need time to yourself to think things over, and sometimes a vacation is the best bet.

Cupid has some reasons it may be okay to take a break after a break-up:

1. Vacate your life: Separating yourself from your life back home gives you the time and space you need to mull things over and figure out what went wrong. Leaving your everyday routine can give you a fresh perspective on what you want out of a relationship.

2. Spend time alone: Going away by yourself can help you avoid jumping into another relationship right away. Being alone will remind you how self-sufficient and independent you can

be.

3. Have fun: After you've spent a considerable amount of time thinking about your relationship, forget it! Enjoy your break, and go all out doing things your ex never wanted to do with you.