

Celebrity News: John Mayer Opens Up About Split with Katy Perry



By Meghan Fitzgerald

John Mayer is usually a man flaunting his relationships, exes, flaws of his past. However, with Katy Perry, everything was different. Their relationship was closely sealed shut to the outside world ... until he spoke on the *Ellen DeGeneres Show*, where he talked about him and Perry's split. UsMagazine.com reports that Mayer described the relationship being complicated. He further explained that coupling is tricky.

What are some ways to keep a positive outlook after a breakup?

Cupid's Advice:

Keeping a positive outlook on life isn't always the easiest thing to do after a breakup. Especially if it was messy, leaving you an emotional mess crying over laundry softener commercials. Even though you may think the sun will never shine over your now dismal life again, it will. And you can make it happen. Cupid has some more advice:

1. Forgive and forget: Yes, forgiving and forgetting sucks more than getting a flat tire in the middle of rush hour traffic. However, it is possible to do and it will leave you with a brighter view on life. Of course any breakup hurts, but there are ways to mend your [heart](#). It's not as simple to say just forgive and forget because it is not that easy. However, you need to dig deep inside of yourself and find the strength to move on.

2. Exercise: Exercise ladies and gentleman will help you with your breakup! It is proven that hopping on the treadmill or that late night cycle class will make you happy. If your breakup sucked, go get your ass to the gym. Sweat off all the Ben & Jerry's ice cream you have been shoveling down your throat. It is guaranteed that you will feel ten thousand times better. Maybe not ten thousand but you get the gist of it.

3. Keep your chin up: It is always easier said than done for this one. But, you are capable of keeping your head up darling. You can overcome this breakup and shine on. Informing everyone how "fine" you're doing. When you act fierce, you slowly turn fierce. In simpler terms, if you act like you're okay by keeping your head held high, you will soon be more than okay!

Have you kept a positive outlook after a breakup? Share your experience below!