

Celebrity News: Julianne Hough Relaxes in Miami One Month After Split From Ryan Seacrest



 By Andrea Surujnauth

Julianne Hough is maxing and relaxing post breakup with Ryan Seacrest. The actress was spotted tanning and hanging out on the beach in Miami with pal Nina Dobrev. Hough and Seacrest dated for nearly two years, but broke it off in March. The rumored reason they pulled the plug on their relationship was due to Seacrest's busy schedule. "Dude works all the time," a source told [UsMagazine](#). "[Seacrest] never sleeps. It's a lifestyle she couldn't handle anymore. Work always, always came first [for him]. She wants a more low-key life."

What are some ways to keep your mind off of a breakup?

Cupid's Advice:

Breaking up is never easy. How do you keep your mind off the pain you are feeling? Cupid has some suggestions:

1. Stay away: After a breakup it is best to stay away from your ex and block them on social media. By keeping them close during your time of healing will make it near impossible to heal. You need your time away to get over the feelings you have but having them around will make you wish the breakup didn't happen and it will be impossible to forget about.

2. Friends: Going out with friends and having a good time is a great way to forget about a breakup. Your friends are bound to

keep you distracted and happy so you won't be thinking about the heartbreak you are feeling.

3. Stay active: Keeping yourself active will take time away from thinking about your ex-beau. You will be on the go so time will fly and you won't have any free time to linger on the breakup.

How do you keep your mind off of a breakup? Comment below and let us know!