

Celebrity News: Regina King Vacations in Cancun Post-Breakup From Malcolm-Jamal Warner



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After her breakup with boyfriend of two years, Malcolm-Jamal Warner, Regina King was seen having some fun in the sun. The 42-year-old actress took a trip to Cancun, Mexico, according to [UsMagazine](#). She stayed at the Villa del Palmar Resort & Spa with a group of girlfriends to clear her mind of the recent heartbreak.

What are some ways to keep your mind off of recent heartbreak?

Cupid's Advice:

You and your man have decided to call it quits a few weeks ago. You have been struggling to get over him and just want to feel like yourself again. Cupid is here to help lift your spirits after a breakup:

1. Get rid of his stuff: The relationship ended and you are still finding your exes things around your house. Now's the time to do some cleaning and remove all of his belongings from your life entirely. Having his old jacket around will only make you remember him instead of letting him go.

2. Don't stalk his Facebook: After a breakup, it is so tempting to continuously check his Facebook page to see if he is upset—or perhaps found someone new already. This is a bad idea and will only hurt you in the long run. Block your exes statuses and posts for a while so they don't constantly appear on your news feed. You'll never move on from him if Facebook doesn't let you.

3. Date someone new: You have been single for a few months now and are unsure if it is time to start dating. If you are still broken up about your last relationship ending, it might help to go on a few casual dates. You will be reminded of how much fun it can be to flirt with someone new—and who knows, you might even find a keeper.

How did you get your mind off your recent breakup? Share below.