

# Khloe Kardashian Says She's 'Excited for This Year to Be Over' Post-Divorce Filing



By April Littleton

According to [People](#), Khloe Kardashian is ready to start fresh in 2014. "I'm excited for this year to be over with," she told U.K.'s *Cosmopolitan*. The *Keeping up with the Kardashians* star filed for divorce from Lamar Odom earlier this month, but she's determined to look on the bright side of things. "I don't regret anything about my life. My life has made me who I am at this moment, and I'm very happy with who I am," Kardashian said. "No matter if it's great, disgusting, beautiful or ugly, it happens and it makes you *you*. Life is about how you process things."

## What are some ways to cope with a recent breakup?

### Cupid's Advice:

Breaking up with someone you care about will unleash a swirl of emotions you didn't know you could ever feel all at once. Some people know how to deal with these feelings in the right way, while other may need a little guidance to help them get through it. Cupid is here to help:

**1. Get in shape:** There's no better way to get over a breakup than by getting yourself back in the best shape possible. By going to the gym, you'll be letting out some of your frustrations in a positive way. By the time you're officially over your ex, you'll be looking better than ever.

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**2. Busy bee:** Keep yourself distracted until you can work out your feelings in a healthy way. Continue to work as you usually would, and spend more time with your friends and family. Maintain a schedule that works for you and try to keep contact between you and your ex as limited as possible.

**Related:** [Khloe Kardashian Says Split from Lamar Odom is 'Torture to My Soul'](#)

**3. Vent:** Don't let your emotions build up inside you. If you're feeling upset or sad about the end of your relationship, talk to someone you trust about the situation. You can ask for some useful advice or maybe you just need someone to hear you out. Either way, some of your good friends or close family members won't mind helping you out in your time of need.

**How did you cope with a recent breakup? Share your experience below.**