

Leonardo DiCaprio and Longtime Love Toni Garrn Call it Quits



By [Sarah Batcheller](#)

After over a year of dating, Leonardo DiCaprio and model Toni Garrn have ended their relationship. According to [UsMagazine.com](#), news of the split came shortly after the 40-year-old actor was seen leaving a Miami nightclub flanked by 20 women. DiCaprio has a history of dating models, and sadly, it looks like Garrn won't be his happily-ever-after.

What are some ways to recover from a breakup after a long-term relationship?

Cupid's Advice:

Being heartbroken can make you blind to moving on, so you need to recover a bit and get your life back. Cupid has some tips:

1. Don't act scornfully: Lashing out at your ex via phone call, text, e-mail, etc., will only worsen the hurt you're experiencing. Instead, whenever thoughts of the break-up cross your mind, choose a peaceful thought or action- like meditation, yoga, or talking to your friends- to ease the sting.

Related Link: [How To Break Up Without Breaking Them Down](#)

2. Stay busy and productive: It has been proven time and time again (by no one but ourselves) that slumping on the couch with a sad movie and ice cream doesn't help. Don't put your life on hold because of a split! Channel the emotions positively and excel at work, school, or your favorite hobbies.

Related Link: [Cupid's Weekly Round-Up: Surviving a Breakup](#)

3. Don't move on too soon. If you still find yourself missing your ex, and you're not ready to go out meeting new people, then don't! There's no rush. It takes time to heal and process the end of a relationship- that's the only way to learn from it. Take your time getting over them.

What do you do to get over a bad break-up? Tell us in the comments!