

# Fred Armisen Already Moved on From Mad Men Star



SNL regular Fred Armisen seems to have moved on rather quickly from Elisabeth Moss, star of the Emmy Award-winning drama, *Mad Men*. The former couple married in October, but officially separated in May after only seven months. According to [E! Online](#), Armisen was spotted getting cozy with fellow SNL comedian Abby Elliott at a Los Angeles restaurant.

**How do you keep your cool when you ex moves on shortly after a split?**

## **Cupid's Advice:**

It's easy to get infuriated when it comes up in your Facebook feed that your ex is already seeing someone else directly after a breakup. Here are some tips from Cupid on how to handle it when your ex has moved on rather quickly:

**1. Think before you react:** It's normal to want to confront your ex about how angry you are, and wonder if your romance ever meant anything to him or her in the first place. However, the best reaction in this case is usually no reaction.

**2. Get your mind off things:** When you first discover your ex's new relationship, it may linger on your mind. Try to focus on other things, such as hobbies or work. Keeping your focus somewhere else will keep your feelings in check.

**3. Seek the company of friends and family:** Even if you aren't ready to move on, that doesn't mean you have to be alone. Spend time with close friends and family. If you want to get out your feelings, these are the people who will listen.