

# Celebs Turn to DWTS to Heal Heartbreak



A growing trend in Hollywood seems to be dancing away your heartache on the popular show *Dancing with the Stars*. A whopping seven starlets have dealt with breakup blows by signing on throughout the 11 seasons of the show's run, according to Your Tango. Everyone from tabloid favorite Bristol Palin to reality mom Denise Richards have put on their dancing shoes to show their former beaus that it doesn't always take two to tango.

**What are some unique distractions to help get over a breakup?**

## **Cupid's Advice:**

Breakups are rough for everyone, and sometimes nothing heals a heart like a pint of Ben & Jerry's and a John Hughes flick. Cupid points to some creative ways to turn your heartache

into a positive and have a little fun while getting over your ex:

**1. Work out:** One of the best stress relievers is a good work out. Try anything from jogging, to yoga, to rollerblading as long as you enjoy it and are up and active. Exercise releases loads of endorphins for a natural pick-me-up to make you feel great.

**2. Express yourself:** As sappy as love poems can be, writing them really can lighten your emotional load. If you're not a writer, no worries. You can turn to any art form, be it painting, singing or photography. It's a great way to turn your breakup into the inspiration for a masterpiece.

**3. Treat yourself:** Breakups can be a huge blow to your self-esteem, and it's important to remind yourself that it's not all your fault. Breakups are a two-way street. So treat yourself to something you really enjoy. Go to the spa for a day, or buy that awesome pair of shoes you've been saving for. It may even be time for a vacation. Do what makes you feel best.