



## **Ananya Panday's 2 breakup moods and five other things she told Tinder about Moving On and Starting Something Epic This Valentine's Day**

Tinder, the world's most popular app for meeting new people, teamed up with Ananya Panday to encourage singles to move on and be open to new possibilities this Valentine's Day.

Let's admit it: breakups are hard. And moving on is so much harder. But, you're not alone. If you're not entirely over your quarantine ex or are still searching for closure from something even older, perhaps 2021 can offer hope for a fresh start.

Tinder got together with Ananya Panday to ask her how she moves on from a break-up, what her go-to moving on rituals are, and how important it is to be open to fresh beginnings. After all, a spark is just a swipe away.

### **New year, new bae**

Don't let Valentine's Day be a rude reminder of your singleness, there is so much to look forward to. The relationships yet to come, the sparks you haven't yet felt, the first dates you are yet to go on. "You will kiss many many frogs before you find your prince or princess charming," adds Ananya Panday.

The 22-year-old channels the cinema-lover in her every time she's going through a break-up. "I'm very filmy about my breaks-ups. I cry, listen to music, eat chocolate, and think about the *tanhai*, I need my filmy moment" she says. Bollywoodizing a heartbreak can help lighten the mood. "Come to think of it, I'm not even all that sad." She confesses her break up mood ranges between two extremes – *Channa Mereya* by Arijit Singh (who else?) and *Don't You Wish Your Girlfriend Was Hot Like Me* and of course Arianna Grande's *Thank you, Next* - the moving on anthem.

## Moving on...

Everyone has their own process and timeline of grieving after a break-up-the mantra is 'you do you' - you do what *you* need, *your* way. One can go from burning the ex's photo *Jab We Met* style to stalking them on social media soon after. "I am the biggest *jasoos* on planet Earth. I start with one profile, then go to their *maasi's*, find out their mom's height, their *rashi* – anything you'd want to know," says Ananya. But eventually, the Kleenex runs out, the memories dry up, and you realize your ex's Instagram profile isn't all that interesting after all.

## Love thyself

A break-up is not a failure. It is an opportunity to grow, learn, and make yourself the hero of your own love story. Self-love is the greatest form of love, and this V-day and Tinder encourages you to put yourself first. "Honestly, I always say you should rebound with yourself after a break-up, use the opportunity to fall even more in love with yourself" agrees Ananya. Treat yourself to a spa day, take a solo trip, dance to every Beyoncé and Taylor Swift track, or spend time with friends. "I always dance it out after a break-up" adds Ananya.

Tinder wants you to embrace this transition to Start Something Epic (Again) in your own way. Every experience is a part of your journey, a memory to cherish or a story to learn from. And for the days when you find yourself haunted by the memory of your ex, live by Ananya's evergreen break-up mottos – "This too shall pass and *Yeh toh trailer tha, picture abhi baaki hai mere dost.*"

## Swipe Sessions with Ananya Panday

Tinder asked its community their top moving on rituals and then asked Ananya Pandey to Swipe Right or Left for rituals she endorses to help move on.

1. Getting bangs – Swipe Right, I'm down to try anything
2. Stalk your ex on social media – Swipe Right, "I should say Left, but I'll be honest and say right"
3. Re-gifting the gifts they gave you – Swipe Left "Why would I, I want to keep it"
4. Downloading Tinder – Swipe Right!
5. Hitting the yoga studio – Swipe Right, "I love Yoga I do it every morning"
6. Putting up Insta stories where you look cute – Swipe Right, I always put these up, before, after while dating, always gotta look cute on the gram.
7. Girls road trip – Swipe Right
8. Staying friends with your ex – Depends, Swipe middle?!
9. Binge-watching Netflix – Swipe Right, I am always binge-watching Netflix
10. Self-care rituals – Swipe Right
11. Adopting a pet – Don't do it just because you broke up with someone, but if you want to for the right reasons then Swipe Right
12. Buying plants – Swipe Left "I would not be able to be responsible for a plant"
13. A dessert binge – Swipe Right I need any excuse for a dessert binge
14. Passive-aggressive tweets- "I may get shy so for this I Swipe Left"

## About Tinder

Tinder was introduced on a college campus in 2012 and is the world's most popular app for meeting new people. Available in 190 countries and 40+ languages, it's been downloaded more than 400 million times and led to 55 billion matches.