There are many coping mechanisms that people use to heal or distract themselves from the pain of a breakup. None of them, however, is as popular as the rebound relationship.

Often frowned upon as a technique to suppress what one is truly feeling, rebound relationships have developed a bad rep in pop culture. Well-intentioned people often advise close ones who might be rebounding to process their relationship trauma before jumping into another relationship. However, is it really that bad to have a short-term romance right after you get out of a long-term one?

The world of scientific research says no. Here are three science-backed benefits one can get from a rebound.

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