

Celebrity News: Mariah Carey Turns to Her Dancer After Problems with Fiancé James Packer



By Kayla Garritano

Mariah Carey has found another hand to hold during serious problems with fiancé James Packer. According to EOnline.com, Carey formed a close relationship with her dancer, Brian Tanaka, while in Vegas and is now seeking his comfort while going through her [celebrity break-up](#). "James was not in the right mind for months," a source said. "Mariah was in essence an abandoned woman."

The [celebrity news](#) has us hoping Mariah found comfort after her ended engagement! What are some ways to find comfort after a broken engagement?

Cupid's Advice:

A break-up hurts the heart a lot, and everyone needs to be comforted so they get the strength to feel better. Here is some [relationship advice](#) to help you:

1. Focus on yourself: A little “you” time may be the best medicine. Making yourself happy without the help of a significant other will make you grow stronger. Make sure you are mentally and emotionally okay before you head back into that dating pool.

Related Link: [Dating Expert Gives Love Advice On When To Date After a Break-up](#)

2. Comfort food: Take the word “comfort” literally. Grab your sweats, get cozy on the couch, and eat your favorite food. Indulge in pizza, ice cream, anything that takes you back to when you were a kid, or gives you a warm feeling in your stomach.

Related Link: [Relationship Advice: Stay True to Yourself](#)

3. Phone a friend: Your best friend will be there for you during any bad moment, including a break-up. You're going to want to hear everything they say to you; how they're not worth it, you're better without them, and everything is going to be okay. Let them help you, because that's what friends are for!

How have you sought comfort after a broken engagement? Comment

below!