

Celebrity Break-Up: Ben Higgins Is Still Upset Over Split From Lauren Bushnell



By

[Marissa Donovan](#)

Last month was a disappointing surprise to season 20 fans of *The Bachelor*, as [Ben Higgins](#) and Lauren Bushnell called off their celebrity engagement. According to [UsMagazine.com](#), Higgins recently expressed his feelings about the [celebrity break-up](#). He said, "When you really care about somebody and you really love somebody and that has to end – for whatever reason, even for reasons that either person can't really explain, it's just a feeling and you have to go your separate ways – it hurts. It hurts bad." Bushnell has said the two are

friends, but this [celebrity news](#) has us hurting along with the former couple!

This couple is still feeling the effects of their celebrity break-up. What are some ways to cope with a split?

Cupid's Advice:

Break-ups can take time to heal. Sometimes we can feel helpless on how to deal with the heartache. Here are some tips to help make the split easier to deal with:

1. Listen to music: This is one of the best remedies to a heavy heart. [Brad Pitt](#) also listened to music after getting a divorce with his ex-wife Angelina Jolie. Any music genre is acceptable for coping with a break-up. Start making a playlist!

Related Link: [Celebrity News: Angelina Jolie & Brad Pitt Are Talking Again](#)

2. Binge episodes of Netflix: Cue up your Netflix and search for a hilarious sitcom or a murder mystery. Engaging episodes will distract you from getting upset over the split. Watching an amazing series will give you the comfort you deserve during this difficult time.

Related Link: [Celebrity Break-Up: 'Bachelor' Ben Higgins Sheds Light on 'Tough' Split from Lauren Bushnell](#)

3. Reconnect with old friends: Meeting up with friends you haven't seen in ages can make you feel happier during this upsetting time. Your friends will remind you of fun memories and most likely want to make weekend plans. Having friends

around will keep you optimistic about the future.

**What are some other tips in helping you cope with a break-up?
Leave your advice in the comments bellow!**