

# Celebrity News: Blac Chyna Confirms She's 'Single' and 'Happy'



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According to [UsMagazine.com](#), Blac Chyna posted a photo on her Instagram account sharing that she is single and happy. The model has since deleted the photo, but still seems to be in high spirits by spending quality time with her children and focusing on her *Lashed* cosmetic line. Although Chyna and Rob Kardashian were spotted in Disneyland on Father's Day, the two seem to be co-parenting their daughter Dream.

# In [celebrity news](#), Blac Chyna proves you don't have to be in a relationship to be happy. What are some benefits to the single life?

## Cupid's Advice:

Staying single has many benefits that people often forget while being in a relationship. Here are the highlights of why being single is awesome:

**1. You can have more nights out with friends:** Having a partner can sometime rule out fun with friends due to obligations you've made. Being single allows for more fearless adventures!

**Related Link:** [Learn How Celebrity Exes Blac Chyna & Rob Kardashian Are Co-Parenting and Working on Themselves](#)

**2. You can enjoy time to yourself:** Allow this time to go soul searching for what you really want out of life. Being single can also be great for quiet time alone without interruptions. Enjoy discovering a side of yourself by [traveling](#) or learning new activities.

**Related Link:** [New Celebrity Couple: Rob Kardashian is Dating 'Bad Girls Club' Star Mehgan James](#)

**3. You can sleep better:** According to a survey by [Amerisleep](#), single people get 7.13 hours of sleep, which is more than those who are engaged or married! Having a good night sleep will increase your mood and make you happier!

**What are some other perks in being single? Tell us in the comments!**