

Celebrity News: Miley Cyrus Appears to Shade Exes Kaitlynn Carter & Liam Hemsworth in Post About Love



By [Hope Ankney](#)

In [celebrity news](#), [Miley Cyrus](#) might've just indirectly shaded both of her [celebrity exes](#). On Sunday, Cyrus took to Instagram to post about love and loyalty that could be pointed at Liam Hemsworth and Kaitlynn Carter. According to *UsMagazine.com*, her Instagram story showed her in bed surrounded by her pups. The caption of the stories read, "Happy Sunday from me & 2 stinky dogs! waking up surrounded by animals is my favorite way to start a morning. I am immediately reminded about LOVE

without conditions.... the best part about animals is that they are careless about the details. They live by the golden rule ... Love & Be Loved. Nothing in between. No questions regarding wealth, career, talents, race, age sex They love back 100X ... all they ask is to be cared for in exchange for loyalty, reliability, and faithfulness. (reminds me of someone)."

In celebrity news, Miley Cyrus sent a message to her exes via Instagram. What are some ways social media can help you cope with feelings?

Cupid's Advice:

Even celebrities air their dirty laundry on social media from time to time. It's hard not to, especially when you're trying to handle your feelings that can be difficult to ignore. But, it can get messy if you throw your feelings out on your social platforms without thinking it through. If you're having a hard time coping with feelings by yourself, don't worry! Cupid has [relationship advice](#) on how using social media, in a healthy way, can help you sort through your feelings:

1. Private Instagrams: Something I'm sure you've heard before, but FINSTAS (or fake Instas) are accounts that are private for you to vent and cope over your feelings in a space that only a few people have access to. By creating a private IG, you're allowing yourself a place to comfortably discuss and post about things you're having a hard time dealing with. It's therapeutic to have a sense of freedom when it comes to not censoring yourself online, and accounts like these can act as a personal diary.

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2. Private Twitters: Another way to cope on social media is through something similar to the FINSTAS- a private twitter. Private Twitter accounts are something that, from personal experience, has been even better at coping with feelings because of the format of the platform. Instead of having to post photos and write captions underneath to vent, Twitter allows you to simply post a tweet and even write threads that hold all your thoughts together in a cohesive manner. This type of account feels most like a diary because it's like you're writing down excerpts from your day. You can also quote tweet others without them seeing it, so that can also help to vent if you're sorting through feelings about a certain person.

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3. The 'close friends' option: Lastly, with the progress in certain social media to include options that allow you to post without others seeing, the Close Friends option allows someone to post their feelings on their own account, like their Instagram Story, without having to create a whole private account just to do so. This is much more accessible to the average person, and it can feel even more liberating to do it on your main account. The only issue here is to be sure you're careful in how you word things or choose to vent because even though things seem to be private, you must be observant which accounts on your main are allowed to see these stories. Trusting some friends to not share things you post in confidence might not be the best idea.

What are some ways that you find social media can help you cope with your feelings? Let us know down below!