

Celebrity News: Nikki Bella Describes Deep Postpartum Depression



By Nicole Maher

In the latest [celebrity news](#), Nikki Bella opened up about the struggles she faced in her [celebrity relationship](#) while suffering from postpartum depression. According to *UsMagazine.com*, Bella recalled having feelings of hatred toward her fiancé Artem Chigvintsev after having their [celebrity baby](#), but was able to move past these feelings as the couple began to have more open discussions. Chigvintsev stated that he wished Bella had opened up “sooner” about how she was feeling so that he was more aware of her postpartum

depression when he came home from filming the ABC show *Dancing With The Stars*.

In celebrity news, Nikki Bella “hated” partner Artem Chigvintsev as she battled postpartum depression. What are some ways to support your partner through postpartum depression?

Cupid’s Advice:

Postpartum depression following the birth of a child is something that many couples face in their relationship, even if they are not talking about it openly. If you are looking for ways to support your partner through postpartum depression, Cupid has some advice for you:

1. Discuss it frequently: To avoid the formation of ill feelings from either person, it’s important to discuss the effects postpartum depression is having on both your partner and the relationship. While your partner may be hesitant to open up because they fear it will strain the relationship, acknowledging and talking through these new feelings will prevent any bad feelings from building up.

Related Link: [Celebrity Baby News: Rooney Mara & Joaquin Phoenix Welcome First Child](#)

2. Stay close by: The easiest way to support someone is to remain by their side during a difficult time. Try to make yourself available to the other person as much as possible or contact them frequently if you need to be out of town. By staying close and talking often, you will prevent them from

feeling like they are alone in this process.

Related Link: [Royal Celebrity Couple Prince Harry & Meghan Markle Take Aim At Online Negativity](#)

3. Do your research: Postpartum depression is complicated and can be different for everyone experiencing it. One way to show your partner that you truly care and are ready to be supportive is to do some research about how they might be feeling. If your partner sees you doing a little extra work, they will know you are taking this new part of the relationship seriously!

What are some other ways to support your partner through postpartum depression? Start a conversation in the comments below.