

# Celebrity Break-Up: Brad Pitt & Nicole Poturalski Split After Brief Romance



By Carly Silva

In the latest [celebrity break-up](#) news, Brad Pitt and Nicole Poturalski called it quits on their brief romance. The two exes dated for a little over two months, and their split was made public in late October. According to *EOnline.com*, the exes split several weeks ago and their [celebrity relationship](#) was never very serious.

# In celebrity break-up news, Brad Pitt is single once again. What are some ways to heal quickly after a split?

## Cupid's Advice:

Healing after a split can be a difficult task, but there are a few helpful tips that can speed up your post-breakup healing process. If you find yourself newly single and you're looking for some ways to heal quickly after a split, Cupid has some advice for you:

**1. Cut all contact:** A great way to heal quickly after a break-up is to cut all contact as soon as you can. Staying in touch with your ex or following them on social media will only instigate your feelings and prolong your healing process.

**Related Link:** [Celebrity Divorce: Ant Anstead Says He Lost 23 Pounds Amid Divorce from Christina Anstead](#)

**2. Do things you love:** Another tip for healing quickly after a split is to do things you love. Practicing your favorite hobbies or starting some new ones will help keep your mind distracted and stop you from overthinking about the break-up. Doing things you love can also help you to focus on the positive things in your life rather than wallowing in sad feelings about your split.

**Related Link:** [Celebrity Divorce: Bachelorette Stars Ashley Hebert & JP Rosenbaum Split](#)

**3. Be kind to yourself:** One of the most important things to remember when you are trying to heal after a break-up is to be kind to yourself. After a split, it is extremely easy to blame yourself and let your confidence sink down. Try practicing self-care, eat your favorite foods, exercise, or watch your

favorite TV show to help yourself relax and loved by yourself.

**What are some other ways to heal quickly after a split? Start a conversation in the comments down below?**