

# Celebrity Divorce: Julianne Hough Posts Cryptic Quote Amid Brooks Laich Divorce



By Carly Silva

In the [latest celebrity news](#), Julianne Hough took to Instagram to express her new definition of love last Sunday. According to *UsMagazine.com*, the actress, who moved forward with a [celebrity divorce](#) from Brooks Laich earlier this year, posted a Bianca Sparacino quote about love and the beauty of change.

**In celebrity divorce news, Julianne Hough is venting on social media using cryptic quotes. What are some ways to use social media to cope with a split?**

## Cupid's Advice

Getting over an ex and dealing with a break-up can be a difficult journey, but there are some tricks that can help you cope. If you're looking for ways to use social media to cope with a split, Cupid has some advice for you:

**1. Unfollow or block your ex:** One of the best things you can do for yourself when coping with a split is unfollowing, muting, or blocking your ex on social media. Even if you ended on good terms, cutting off contact on social media will help you to start moving on instead of constantly focusing on what they are posting.

**Related Link:** [Celebrity Break-Up: Lamar Odom & Fiancée Sabrina Parr Call It Quits](#)

**2. Post things for you:** Using social media can be extremely empowering if you're using it for the right reasons. Instead of posting to impress others, gain approval, or show your ex how well you're doing without them, focus on using your accounts for your own self expression. Only post things you want and use social media to empower yourself.

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

**3. Follow accounts that make you feel good:** Another great way to use social media during a break-up is to follow accounts that make you feel good. Whether that means following accounts that give relationship or break-up advice, or accounts with inspirational quotes, paying attention to these types of users can help make your social media experience useful and beneficial.

**What are some other ways to use social media to cope with a split? Start a conversation in the comments down below!**