

# 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.

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**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.**

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## **Celebrity Baby News: Nikki Bella Gives Birth to 1st Child with Artem Chigvintsev**





By Alycia Williams

In latest [celebrity news](#), *Total Bellas* star Nikki Bella gave birth to her and fiancé Artem Chigvintsev's [celebrity baby](#) on Friday, July 31. According to *UsMagazine.com*, Bella posted a photo of her son's tiny hand and captioned the photo, "Our baby boy is here and we couldn't be HAPPIER and more in LOVE! Everyone is safe and healthy."

**In celebrity baby news, Nikki and Artem welcomed a baby boy. What are some ways to announce your new arrival to family and friends?**

**Cupid's Advice:**

New babies bring joy and happiness to the entire family and all of your close friends. Sometimes trying to tell everyone about the arrival of your baby can be a hassle and seem extremely repetitive. If you are looking for ways to announce

your new arrival to the people closest to you, Cupid has some advice for you:

**1. Use social media:** Instead of calling or texting everyone one by one you can do what Nikki and Artem did and post something to social media letting everyone know about your new baby. That way you know that all of your followers know and your friends and family can congratulate you through the comments.

**Related Link:** [Celebrity News: Pregnant Nikki Bella Shares Sweet Note to Fiancé Artem Chigvintsev](#)

**2. Plan a get together:** After having your baby, you can plan something small like a barbecue or house party and invite the people closest to you. When your guests come, they'll be able to meet the new addition to your family.

**Related Link:** [Celebrity Exes: Nikki Bella Prays for John Cena to Find Happiness](#)

**3. Send photos:** You can have professional newborn pictures taken of your baby or take pictures with your phone and send them to your friends and family. It can be through text message or you can mail them an actual photo. Either way they'll know about your little bundle of joy.

**What are some other ways to announce your new arrival to family and friends? Start a conversation in the comments below!**

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# Celebrity News: Nikki Bella



# Offered to Take a Break in Relationship with Artem Chigvintsev



By Diana Iscenko

In the latest [celebrity news](#), *Total Bellas* star Nikki Bella reveals she offered to take a break with fiancé Artem Chigvintsev at the beginning of their relationship. The [celebrity couple](#) started dating only six months after Bella called off her engagement and ended her six-year relationship with John Cena. According to *UsMagazine.com*, Bella divulged she was initially worried about falling into a new relationship so quickly. “I was still in the process of healing, but yet I was falling in love so fast with

[Chigvintsev],” Bella said on the latest episode of “The Bellas Podcast.”

**In celebrity news, Nikki offered to take a pause on her relationship with Artem early on as she was healing from her past celebrity break-up. How do you know you're ready to move on from a past relationship?**

**Cupid's Advice:**

Finding a new partner is exciting, but it can be hard to tell if you're ready to take the jump into a new relationship. If you're unsure if you're ready to put yourself out there again, Cupid has some advice for you:

**1. You've learned from the past:** You need to learn from your past relationships to have healthy ones moving forward. It's important to acknowledge what didn't work in your last relationship (yes—even in your own actions!), but it's even more important to learn from it and prevent yourself from falling into those same patterns in your new relationship.

**Related Link:** [Celebrity News: Pregnant Nikki Bella Shares Sweet Note to Fiancé Artem Chigvintsev](#)

**2. You're content with life being single:** Finding happiness outside of relationships shows you've moved past your ex. Once you've figured out what you want from life, it's much easier to know if a new partner would fit into that, or if you should wait a little longer.

**Related Link:** [Celebrity Exes: Nikki Bella Prays for John Cena to Find Happiness](#)

**3. You're open to a new experience:** It's easy to tell yourself you're ready for love again, but still shut down any opportunities that come your way. If you've met someone you like without pushing them away, that's your gut telling you you're ready.

**What do you do to heal after a relationship? Start a conversation in the comments below!**

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## **Celebrity News: Pregnant Nikki Bella Shares Sweet Note to Fiancé Artem Chigvintsev**







By Ellie Rice

In the latest [celebrity news](#), *Total Bellas* star Nikki Bella is opening up about her love for fiancé Artem Chigvintsev. Taking it to Instagram, Bella detailed the passionate and emotional connection she holds with Chigvintsev in a lengthy post. According to *UsMagazine.com*, the pair have known each other since 2017, but their relationship blossomed romantically in 2019. These two are set to welcome their first child in August, and we can't wait to see what else the future holds for them!

**In celebrity news, Nikki Bella is happy she took a chance on her fiancé. What are some ways to know if someone is worth taking a chance on?**

**Cupid's Advice:**

Love is all about taking chances. If you're wondering if someone is worth the risk, Cupid has some advice for you:

**1. They are supportive:** Having a supportive partner is extremely important in a relationship. You want to make sure this person is there for you every step of the way and believes in whatever it is that you are doing. When you are considering whether someone is worth the chance, ask yourself how supported you feel around this person. If the answer is a lot, then maybe it's worth the risk!

**Related Link:** [Celebrity Exes: Nikki Bella Prays for John Cena to Find Happiness](#)

**2. They make you happy:** Happiness is a very important part of relationship success. Of course you won't always be happy with your partner but overall you should feel healthy and secure. A potential partner is worth the chance if they work hard to make sure you feel happy and confident with yourself and the relationship.

**Related Link:** [Relationship Advice: What We Can Learn From The Trials And Triumphs Of Celebrity Relationships](#)

**3. You see a future:** If you can't see yourself building a future with this person, then they aren't for you. Someone is worth the chance if you can look at them and see a life ahead. Longevity in a serious relationship is a powerful thing that should be cherished. You shouldn't risk your heart for someone who may not be around for very long.

**How would you determine whether or not to take a chance on someone? Start a conversation in the comments below!**

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# Celebrity Exes: Nikki Bella Prays for John Cena to Find Happiness



By [Mara Miller](#)

In [celebrity news](#), Nikki Bella revealed at the 3rd Annual Best Buddies Mother's Day Celebration in Malibu that she wishes nothing, but the best for John Cena. According to *People.com*, the [celebrity exes](#) were in a [celebrity relationship](#) for six years before she called off their engagement. "I loved [seeing him moving on]," she said of Cena at the event. "I've been so happy for him because I think of the decisions I've made...walking away and just needing to find myself because I felt like I lost it." Cena has moved on with

a new flame, Shay Shariatzadeh, while Bella has been dating Artem Chigvintsev. She does not yet want to label their relationship.

## **Nikki Bella wishes her celebrity ex John Cena nothing but the best. What are some ways to stay positive after a split?**

### **Cupid's Advice:**

Staying positive after a split is the best way to keep yourself motivated to move on. Cupid has some ideas on how to keep your head up:

**1. Find yourself again:** If you've been in a relationship for a long time, you might find that you are able to have more freedom than you did when you were with your ex. Now is the perfect time to explore who you are as a person!

**Related Link:** [Celebrity Break-Up: Adele & Simon Koneckis Call It Quits](#)

**2. Stay strong:** Break-ups suck for everyone. Stay strong by getting rid of anything that reminds you of him too much. Don't seek revenge because you'll only get hurt further if it was a bad break-up.

**Related Link:** [Celebrity News: Demi Moore to Reflect on Ashton Kutcher & Bruce Willis Marriages In Memoir](#)

**3. Don't blame anyone:** Break-ups happen. It's not necessarily your fault or your ex's fault that your relationship didn't work. You'll grow and change as you get older. Don't blame them for this because it can take you down a long path of negativity.

What are some ways you can remain positive after a split? Let us know in the comments below!

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# Celebrity Break-Up: Nikki Bella & John Cena Split Again Two Months After Reconciling



By [Haley Lerner](#)

In [celebrity break up](#) news, Nikki Bella and John Cena have split again only two months after reconciling and resuming their [celebrity engagement](#). Bella told *EOnline.com* in a



statement, "After I called off the engagement, we tried to work on our relationship to get back to where it was, and in order to move forward with our wedding. After much time and soul-searching alone and together, we have decided to officially part ways. I had a beautiful and loving 6-year relationship with a wonderful man. I have the utmost respect for John, but I know what is best for me." A source said Bella is doing well and moving on with her life after the breakup. But, Cena has yet to publicly comment on the breakup. This news comes after Bella's representative said she and Cena were "working on their relationship" after the two initially called off their engagement just over three months ago. The couple began dating in 2012 and their relationship has been documented on *Total Divas* and *Total Bellas*.

## **It looks like John and Nikki are experiencing a celebrity break-up yet again. What are some factors to consider before reconciling with an ex?**

### **Cupid's Advice:**

Are you feeling like you might want to reconcile with an ex? Cupid has some factors for you to consider:

**1. Will it last?:** Before getting back together with an ex, you want to make sure that the reconciliation will actually last. For Bella and Cena, their reunion was short-lived. Getting back together just to break up again shortly after can cause you more pain than the initial break up did. If you reunite with your ex, make sure you are completely committed to doing so and you are sure things will last for the long term.



**Related Link:** [On-Again! Celebrity Couple Nikki Bella & John Cena Are Back Together After Calling Off Wedding](#)

**2. Have things changed?:** You shouldn't get back together with someone if all the problems that made you two break up are still there. If you choose to reconcile with your ex, all former arguments should be quelled and you two need to have worked through your problems. If a past issue is still present, it's likely to cause more trouble for you further on in your relationship.

**Related Link:** [Celebrity Wedding: Nikki Bella Admits She's Growing 'More Apart' from John Cena Pre-Nuptials](#)

**3. Are you ready?:** It's important you make sure that you are emotionally ready to be in a relationship again after already getting your heartbroken before. You need to make sure prior to reconciling with your ex that you are confident in yourself and are ready for what could happen if the relationship fails again. Don't get back with your ex if you think you won't be able to handle a potential negative outcome from it.

**Have any more things to consider before getting back together with an ex? Comment below!**

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**Celebrity Wedding: Nikki Bella Admits She's Growing 'More Apart' from John Cena**

# Pre-Nuptials



By [Haley Lerner](#)

In [celebrity wedding](#) news, [reality TV star](#) Nikki Bella admitted she's growing "more apart" from John Cena as it gets closer to them tying the knot. According to *EOnline.com*, on the upcoming episode of *Total Bellas*, Bella admitted she still has doubts about marrying John Cena. While on her Parisian bachelorette getaway with her closest friends, Bella was unable to say what has been the most fun part of planning her wedding. When a friend asked her if Cena had any requests for the wedding, Bella revealed that he just wants her to "show up." After opting not to have bridesmaids and planning the wedding alone, Bella admitted that "Every little part of this wedding, it's like, it's going back." Bella also said in a confessional, "I feel like I'm continuing to grow more apart

from John, and I should be growing closer to him.” But, Bella hasn’t told this to her friends and said, “I don’t want to ruin anyone’s weekend and they’re all here for me, so even though I’m feeling all these emotions, I just think I want to keep this to myself for a bit longer. As long as I can, at least.”

## **In celebrity wedding news, Nikki Bella is growing apart instead of closer to John Cena. What are some red flags that should make you re-think marriage to your partner?**

### **Cupid’s Advice:**

Are you feeling unsure about your upcoming nuptials? Cupid has some red flags that should make you re-think marriage to your partner:

**1. You’re always fighting:** If leading up to the wedding, you and your partner are constantly fighting, then it might be because something in your relationship isn’t truly right. Wedding planning is stressful, but it should also be a fun and happy time and you and your beau should be excited, not constantly bickering.

**Related Link:** [On-Again! Celebrity Couple Nikki Bella & John Cena Are Back Together After Calling Off Wedding](#)

**2. You’re not excited:** Leading up to your wedding, you should be excited about marrying the love of your life. If you’re not, it might be because you need to re-think marrying your partner. You want to make sure you are 100 percent committed to your relationship and want to spend the rest of your life with your partner.

**Related Link:** [Celebrity Baby: John Cena Is 'Willing to Have Surgery' to Give Nikki Bella a Child](#)

**3. You have to give up things that are important to you:** If marrying your fiancé means that you have to give up things you really care about in life, like your career, relationships with friends and family, or lifestyle choices. Yes, marriage requires compromise, but it shouldn't mean you have to give up the things you love.

**Know any more red flags that should make you re-think marriage? Comment below!**

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## **Celebrity Baby: John Cena Is 'Willing to Have Surgery' to Give Nikki Bella a Child**





By [Haley Lerner](#)

In [celebrity baby news](#), John Cena said he is “willing to have surgery” to give Nikki Bella a [celebrity kid](#). According to *EOnline.com*, in the latest episode of *Total Bellas*, the former couple reunited for a candlelit dinner where Cena told Bella, “I wanna marry you and relationship and marriage especially is about sacrifice, and I will make that sacrifice for you. I will give you a child.” “But you have the...” Bella said next, alluding to something preventing Cena from bearing children. Cena replied by saying, “I know. I physically can’t have kids. So, I’m also telling you that I’m willing to have surgery and then still go through with being a dad.” Bella was clearly impressed by Cena’s declaration of his commitment, so she leaped across the table and into his arms. Bella later told the WWE star, “Oh John, you’re gonna be the most amazing dad in the world.” Cena then told Bella “Just tell me you love me and that you’ll marry me. I love you and I’ll marry you,” to which Bella agreed. The couple’s reconciliation and baby news comes shortly after Cena made a public plea to win Bella back on the *Today* show.

# It looks like a celebrity baby is definitely in the future for John and Nikki. What are some ways to know your partner will be a good parent?

## Cupid's Advice:

Having a child is a big step to take in a relationship! Cupid has some ways to tell if your partner will be a good parent:

**1. Watch them with other kids:** The way your partner acts around other children is a great indicator of how good of a parent they will be. If your beau is great at babysitting children of family or friends, it's likely they will be a great parent as well. Your partner should be comfortable around children and be able to have fun with them and keep them safe.

**Related Link:** [Celebrity Break-Ups: Nikki Bella Reveals the Moment She Knew She Couldn't Marry John Cena](#)

**2. They're a good friend:** If your partner is someone that is empathetic and always there for their friends and family, then they will probably be a really good parent someday. Being a good listener and advice giver are great traits for a future parent.

**Related Link:** [On-Again! Celebrity Couple Nikki Bella & John Cena Are Back Together After Calling Off Wedding](#)

**3. They're responsible:** You don't want to co-parent with someone who can't even keep their own life in order. If your love is already very responsible, they will probably be able to handle the task of having a child. Trust us, you'll want them to be when it's 3:00 AM and your baby is in need of a new



diaper!

Do you know any more ways to tell if your partner will be a good parent? Comment below!

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# On-Again! Celebrity Couple Nikki Bella & John Cena Are Back Together After Calling Off Wedding



By Rhodesia Williams

In [celebrity news](#), it looks like Nikki Bella and John Cena found their way back to each other. According to *UsMagazine.com*, almost two months ago Nikki Bella called off her engagement to the WWE star. The deal breaker for the celebrity couple was Cena not wanting children. After six years, the pair split, but once Bella, 34, heard that Cena, 41, wanted to be “the father to her children” on television, five days later the couple were spotted together again. Sources close to the couple say the break ended up helping their [celebrity relationship](#). Sounds like a happy ending for the WWE stars.

**It looks like this celebrity couple weren't ready to call it quits after all! What are some ways to decide whether to get back together with your ex or not?**

### **Cupid's Advice:**

Apparently time does heal wounds. A deal breaker for Nikki Bella turned into the very thing that saved her relationship. Cupid has some advice on how to decided whether to get back with an ex or not:

**1. Evaluate:** Evaluate the situation. Specifically, what was the straw that broke the camel's back? From there you ask yourself, “can it be fixed?” Sometimes when you stop and assess the situation, you find your answer. It's possible you realize your break up was over something petty and you can move forward. On the other hand, you could also recognize that maybe it's best that you part ways with your ex. While happiness is the goal in a relationship, keep in mind that you both have to be happy. It would be like going the wrong way

down a one way street; after you pass the “Do Not Enter” sign, it’s on you.

**Related Link:** [Relationship Advice: Don’t Let Him Be the One Who Got Away](#)

**2. Compromise:** You have to ask yourself if you are willing to compromise. You should never change for anyone, however, there is nothing wrong with a little negotiating. Stop and figure out where the problem is coming from. Nobody is perfect so maybe a slight tweak on both ends could help. If your partner truly makes you happy and you aren’t ready to let them go, discuss a compromise. Cupid encourages you to remember, a compromise is a settlement involving two or more; both sides need to work on things to better the relationship.

**Related Links:** [Relationship Advice: 4 Reasons To Leave The Past In The Past](#)

**3. Acceptance:** This may be the hardest part of considering going back to an ex. For whatever reason you broke up, the two of you are now communicating about mending your relationship. If everything is a go, remember you are now accepting what has happened in the past and moving forward. It’s like that annoying, “Terms and Conditions” box that nobody reads but just hits “accept”. If you are not careful, it could come back to hurt you. You are agreeing that you will give this relationship another go. Cupid’s only advice with this is to never bring up the past. Cue the “Terms and Conditions” coming back to hurt you.

**What ways do you use to figure out if you should go back to an ex? Share below.**

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# Celebrity Break-Ups: Nikki Bella Reveals the Moment She Knew She Couldn't Marry John Cena



By [Haley Lerner](#)

In recent [celebrity news](#), Nikki Bella revealed on Sunday's episode of *Total Bellas* the moment she realized she could not marry John Cena. According to *UsMagazine.com*, the pair called off their engagement after six years together in April. Cena and Bella were supposed to tie the knot in Mexico on May 5, but have since been spotted together in San Diego. On Bella's reality show, she divulged that wedding dress shopping something "didn't feel right" and she felt "overwhelmed" by

her engagement party. "I honestly feel like I'm about to have an anxiety attack," The *Total Divas* star said. "I just feel like I'm on this roller coaster of emotions and I feel like I'm going to explode. It's just all too much for me." Bella explained that her apprehension was because she realized she wanted to have children, but she knew Cena did not. "I just know deep down I want a baby," Bella said. But, it seems Cena might have changed his stance on parenthood in an attempt to win his ex-fiance back after this [celebrity break-up](#). The actor appeared on the *Today* show earlier this month and said he still loves Bella and "would love to have a family with Nicole." Cena said, "I love her. I want to be with her. I want to make her my wife. I want to be the father of her children. I just want us to work."

## **Nikki Bella shed some more light on her celebrity break-up from John Cena. What are some ways to know your relationship won't stand the test of time?**

### **Cupid's Advice:**

It's difficult when the future of your relationship is uncertain. Cupid has some signs that your relationship is on its way out:

- 1. How you resolve conflict:** The way you and your partner fight is honestly a great way of seeing how the rest of your relationship will pan out. To start, you shouldn't be dating someone who you're always fighting with. But, when the inevitable fights do occur, it's important that you and your beau manage the conflict with maturity and respect. If all your fights remain unresolved, your relationship won't survive

for long.

**Related Link:** [Celebrity Break-Ups: Nikki Bella & John Cena Call It Quits & End Engagement](#)

**2. You want different things:** Just like Bella and Cena, having different major desires in life is a big reason many relationships fail. If you and your partner have totally conflicting career paths, interests and life aspirations, then maybe it's time to end your coupling soon.

**Related Link:** [Celebrity News: Nikki Bella Is Still 'Spending Nights' with John Cena at His Home](#)

**3. Lack of passion:** For a relationship to last the long run, there has to be a true spark between both people. If you love your partner, but there isn't spectacular chemistry, then it might be time to let them go. Eventually, that lack of passion could cause conflict in the future.

**Have any more ways to realize your relationship won't make it far? Comment them below!**

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**Celebrity News: Nikki Bella Is Still 'Spending Nights' with John Cena at His Home**







By Rhodesia Williams

In [celebrity news](#), John Cena, 40, and Nikki Bella, 34, showed us a possible glimpse of hope in their relationship after they called off their engagement last month, according to [UsMagazine.com](#). Recently, Bella has been spending nights at Cena's house. Let's back track; if you haven't heard, John Cena and Nikki Bella were engaged and ready to tie the knot when the [celebrity couple](#) decided to call off their wedding on April 15th. This well known duo were together for six years, and news of their split shocked many. According to a source, Cena "doesn't want [Nikki] to have to deal with moving after everything they have been through as a couple." It sounds like Cena isn't fully ready to let go of his former fiance if you ask us!

**In celebrity news, this formerly engaged couple are still seeing a**

# lot of each other. What are some tips for cutting ties completely after a break-up?

## **Cupid's Advice:**

Sometimes spending time together after a break-up is the worst thing you can do, because it prolongs the inevitability of not seeing each other every day. It's important to cut ties completely, at least for a while, allowing you both to move on. Cupid has some tips:

**1. Move out:** If you are living together, someone has to go. It is never healthy to continue to live with someone you are no longer in a relationship. John and Nikki won't be able to heal if they continue to live together.

**Related Link:** [Fed up, But Can't Break Up](#)

**2. Spend time with friends and family:** Hang around people who love and care about you! It is not to say the person you are no longer with doesn't care, but you need neutral parties. Nikki Bella is on the right track by going and staying with her sister. Sometimes you need those sad movie watching, ice cream eating, let's just chill kind of nights.

**Related Link:** [How to Get Over a Break Up](#)

**3. Go out:** No need to try to jump back on the horse, but sometimes petting and feeding the horses will do. Go out for lunch, go listen to some music, bowl straight gutter balls! Anything to keep your mind off of the situation and to make you feel good. Everyone needs a laugh. Nikki Bella admits to going MIA but sometimes that doesn't help.

**What are some other ways to cut ties completely after a split? Share your thoughts below.**

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# Celebrity Break-Up: John Cena Opens Up About Nikki Bella Split, Says 'It Sucks'



By [Jessica Gomez](#)

In [celebrity news](#), John Cena is having a hard time with his break up from Nikki Bella. According to [UsMagazine.com](#), Cena recently said, "It sucks. " He told *Entertainment Tonight* during CinemaCon 2018 in Las Vegas on Wednesday,

“There’s no other way to say [it]. I love Nicole with all my heart, and that’s that.” The former [celebrity couple](#) split earlier this month when, according to a source, Bella called off their engagement. May these [celebrity exes](#) get through this tough break-up.

## **This celebrity break-up isn’t without heartache. What are some ways to cope with the loss of a close relationship?**

### **Cupid’s Advice:**

Most break-ups are not easy – they affect us in various ways. Luckily, there are ways to deal with them. Here are a few:

**1. Being a break-up was the right choice:** Sometimes love can blind us, but it is important to know the reason for our decisions, and that it is in fact the right one. Try your best to skip any denial stage to make it easier for yourself. Assess the situation and be sure. But don’t overdo it to the point you’re blaming yourself or driving yourself crazy. Just make sure that you stand strong in knowing the break-up was the right thing to do.

**Related Links:** [Celebrity Break-Up: Anna Faris Learns Important Lesson From Divorcing Chris Pratt](#)

**2. Take care of yourself emotionally and physically:** Start off by making sure to eat well and exercise. Both eating and exercising are essential to your health and make you feel better after. As for emotionally, don’t overwork yourself mentally. Give yourself a break to relax. Also, if you don’t want to be alone during this time, then don’t be. Reach out to family and friends. It’s okay to do so. Alone time is

important, too, however.

**Related Link:** [Why Sam 'Sammi Sweetheart' Giancola Avoided 'Jersey Shore: Family Vacation'](#)

**3. Think of the positive outcome:** It is hard to see it during a tough time – but it is essential that you do find it. Things can look hopeless, and that can drag you into a downward spiral. It is important to find the good in all the bad situations we're in, no matter how small it may be. Just know that you are going through a hard time right now that will make you stronger in the long run. The future holds something much better. Positive thinking goes a long way.

**What are ways you dealt with a painful break-up? Share below!**

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## **Celebrity Break-Up: John Cena Sends Messages About the 'Worst Day Ever' Post-Split from Nikki Bella**







By [Carly Horowitz](#)

In [latest celebrity news](#), John Cena and Nikki Bella have separated after being together for six years. Bella shared on Sunday, “While this decision was a difficult one, we continue to have a great deal of love and respect for one another. We ask that you respect our privacy during this time in our lives,” via Instagram. Meanwhile, Cena has been posting quotes and memes on Instagram since then that are leading the public to believe he is alluding to his [celebrity break-up](#). On Tuesday, he posted a meme that said “Worst day ever!” He also posted a quote from Kwame Floyd saying, “It’s not what you go through that defines you; you can’t help that. It’s what you do AFTER you’ve gone through it that really tests who you are.” A source shared with [EOnline.com](#) that Cena did not truly really want to get married in the first place. Also, Bella wanted to have kids and start a family while Cena did not. Clearly, this [celebrity couple](#) did not make for the best match.



# In this celebrity break-up, John Cena wasn't expecting it, and he's heartbroken. What are some ways to cope with an unexpected heartbreak?

## Cupid's Advice:

Even if you think you and your partner may not be the perfect match, you may not expect to break-up out of the blue. Here are some suggestions on how to cope:

**1. Be kind to yourself:** Try not to be too hard on yourself. Remind yourself that despite what you are feeling, it is not all your fault. It takes two to be in a relationship and there were probably aspects from both of you that led to it not working out anymore.

**Related Link:** [Celebrity Break-Ups: Nikki Bella & John Cena Call It Quits & End Engagement](#)

**2. Keep busy:** If you and your partner were together for a long time, it may be very different for you to live life without them all of the sudden. Make an effort to fill up your planner so that it leaves you less time to sit and sulk in your bed. The more you are out and about the easier it will be to move on and make this life the best it can be.

**Related Link:** [Are Nikki Bella & John Cena Calling Off Their Celebrity Wedding?](#)

**3. Reflect:** This is just another learning experience. Look at what you think you may have wanted to do differently in this relationship and make efforts to become this improved version of yourself when you are ready to embark upon another partnership. This process of self-reflection can really help to broaden your perspective and grow as a person.

What are some other ways to cope with unexpected heartbreak?  
Comment below!

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## Celebrity Break-Ups: Nikki Bella & John Cena Call It Quits & End Engagement



By [Jessica Gomez](#)

In [celebrity news](#), [celebrity couple](#) John Cena and Nikki Bella called off their engagement. According to [UsMagazine.com](#), the now celebrity exes provided them with a statement: "While this

decision was a difficult one, we continue to have a great deal of love and respect for one another. We ask that you respect our privacy during this time in our lives.” Cena had stated previously that the long time couple’s relationship took a lot of work. However, we do not know the reason for their split as of yet. We wish them the best of luck.

## **In [celebrity break-ups](#), John Cena and Nikki Bella called it quits. What are some reasons to call off your engagement?**

### **Cupid’s Advice:**

Calling off an engagement is rough. Nevertheless, it is better to realize now that it’s not working out rather than later after you’re married. Here are some reasons why you would possibly call off your engagement:

**1. You argue all the time and cannot come to an agreement:** Relationships have to consist of good communication between partners. If you argue all the time, that is something you can work through. Now, if you argue all the time and just don’t resolve anything, then there is a problem. If this is the case, your issues will likely build up and continue to cause havoc in your relationship.

**Related Link:** [Celebrity Break-Up: Channing Tatum & Jenna Dewan Silence Rumors About Their Split](#)

**2. There is no trust:** There are times in a relationship where there may be a lack of trust, and many times couples work through it. However, when at the point where you’re engaged, trust should be something that is prominently there. There is no reason why you should not trust the person you are going to marry.

**Related Link:** [Celebrity Break-Up: 'Bachelor Winter Games' Star Lesley Murphy Breaks Silence After Split from Dean Unglert](#)

**3. There are things you cannot get past:** If you're marriage is going to work, you need to have moved on from past mistakes your partner has made. Sometimes we remain in relationships without forgiving our partner for a past discretion. When engaged, the slate should be wiped clean in a way. You are about to start a new chapter in your lives, and if you still have past demons knocking on your door, you may already be a step toward divorce without even being married yet.

**How did you or a loved one know it was time to call off your engagement? Share below!**

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## **Are Nikki Bella & John Cena Calling Off Their Celebrity Wedding?**





By [Karley Kemble](#)

Uh oh, there could be another celebrity couple calling it quits! In a newly released trailer for season three of *Total Bellas*, Nikki Bella and John Cena are shown sharing an emotional moment together, with Bella asking Cena, “So, we really want to call this off?” According to [EOnline.com](#), the [celebrity couple](#) could very well be talking about canceling their upcoming [celebrity wedding](#). Cena and Bella have been together since 2012. We’ll have to tune into the episode to see how it pans out, which unfortunately isn’t until later this spring!

**Things aren’t looking great in terms of John & Nikki’s upcoming celebrity wedding. What are some reasons to call off your**

# engagement?

## **Cupid's Advice:**

Sometimes, things don't go according to plan. Relationships end, engagements are called off – that's just the way it goes. Check out Cupid's advice:

**1. You're having major problems:** It's normal for any relationship to have their share of differences. However, there is a difference between a small tiff and frequent blowups. If do not feel there will be any chance at reconciliation or forgiveness, perhaps you should consider breaking off your engagement.

**Related Link:** [Relationship Advice: Keep Your Relationship Strong When You Share Home and a Workplace](#)

**2. You don't want to be an inconvenience:** If you are having doubts about marrying your partner, but don't want to cancel your wedding for the sake of inconveniencing others, that is a very telling sign! You shouldn't feel pressured to get married, and should know with every fiber of your being that this is a step you want to take. Don't succumb yourself to unhappiness just to satisfy others.

**Related Link:** [Psychologist Breaks Down Relationship Fears in New Book, 'Love Me, Don't Leave Me'](#)

**3. You're worried this could be your only chance:** Listen here, if you are only with your current partner because you are afraid nobody will ever love you again, you are completely wrong! Do not marry somebody because you don't want to be forever alone. In fact, this actually shows that you are not ready to take the next step in your relationship.

**Have you ever called off a wedding? How did you know it was the right thing to do? Share your story below.**