

Gwen Stefani Drops New Music Video About Her Celebrity Divorce



By Kyanah Murphy

Gwen Stefani has been keeping herself busy in the studio thanks to her [celebrity divorce](#) with Gavin Rosedale. Stefani surprised everyone with her new single “Used To Love You” at the MasterCard Priceless Surprises concert in New York City on Saturday, Oct. 16, according to [UsMagazine.com](#). On Oct. 20, bright and early, Stefani released a minimalist “music video” for the new song on her Facebook page. The emotional video and lyrics seem to shed some light on the former celebrity couple’s declining relationship. Though this is a hard time

for the celebrity mom, the former celebrity couple have said that they will remain on amicable terms for their children.

This celebrity divorce is a great example of handling a bad situation positively! What are some ways to handle post-split heartache in a positive way?

Cupid's Advice:

You don't have to be getting a celebrity divorce to feel tremendous heartache over the end of your relationship. The key to handling your heartache is in how you handle it. Cupid has some tips on how to positively handle your breakup in a positive way:

1. You could be like Gwen Stefani and sing about it: Let your feelings out through writing. You don't have to sing about it, but getting your thoughts down onto paper (or a document) will help you release your negative feelings.

Related Link: [Gwen Stefani and Gavin Rossdale Split After 13 Years of Celebrity Marriage](#)

2. Repeat positive self-affirmations: You may be going through a breakup, but that doesn't mean you don't deserve love and care. Remind yourself of that and remind yourself of your positive qualities.

Related Link: [Former Celebrity Couple Kris Jenner and Caitlyn Jenner Have Moved Past 'Vanity Fair' Drama](#)

3. Keep yourself busy: Hang out with friends, pick up a new hobby (or one that has been forgotten), take up a class, or even volunteer! Do something that makes you feel good inside.

**What are some ways you've positively handled a breakup?
Comment below!**