


Celebrity News: Insiders Say Gavin Rossdale Cheated on Gwen Stefani with Nanny for Years



 By Kyanah Murphy

Now we know why this [celebrity couple](#) is no more. Poor Gwen Stefani! The latest [celebrity news](#) around former celebrity couple Gwen Stefani and Gavin Rosedale is that Rosedale cheated on his now ex-wife with their nanny, according to [UsMagazine.com](#)! Stefani busted Rosedale's adultery with their nanny on the family iPad. Stefani found some explicit content in the text messages sent between Rosedale and their nanny, including nude photos. The lyrics to Stefani's song "Used to Love You," which is about her former celebrity relationship with Rosedale, makes a bit more sense. Hang in there, girl!

This celebrity news is shocking! What are some ways to help recover after hearing such devastating news?

Cupid's Advice:

This celebrity news reminds us that even celebrity couples can be cheated on, and the aftermath is devastating no matter who you are. Because of that, Cupid is here to offer three tips to help you recover from such devastating news:

1. Stop and take a deep breath: Your emotions are all over the place during this time, so it's important to take a deep breath and step back. You don't want to do anything rash on impulse as there may be consequences that you don't want to deal with.

Related Link: [Miranda Lambert Says 'I Needed a Bright Spot This Year' at CMA's Post-Celebrity Divorce](#)

2. Focus on yourself: Now is the time to focus on yourself and take care of yourself. While your emotions are all over the place and you're hurting, focus on what matters: you. Continue to eat, get out of bed, exercise, surround yourself by loved ones, etc. This will make you feel better. Keep your head high.

Related Link: [Halle Berry Walks First Red Carpet Since Celebrity Divorce Announcement](#)

3. Talk to someone: Talk to someone you trust the most. You need to let how you feel out rather than bottle it up. If you need to, don't be afraid to see a professional to help you get through this.

Have you had something devastating like this happen to you? How did you cope? Comment below!