

Single Celebrity: Kate Beckinsale 'Doing Fine' After Len Wiseman Split



By Kyanah Murphy

British single celebrity Kate Beckinsale had a [celebrity divorce](#) with her husband of 11 years, Len Wiseman, and is doing "just fine," according to [UsMagazine.com](#). After all those years, we would think that it would be a hard battle to get through for the former celebrity couple! Beckinsale was seen sticking close to good friend Victoria Beckham at the British Fashion Awards and looked well. Keep it up, girl!

This single celebrity is coping well post-split. What are some ways to deal with a sudden break-up?

Cupid's Advice:

We're proud of this new single celebrity being in a good place after her split with her longtime husband. If you're newly single as well, here are some tips to help you get back on track:

1. Talk to someone: Let's face it; you're going to be going through a flurry of emotions and you're going to need to talk to someone about it. Grab your BFF, and let it out.

Related Link: [Single Celebrity Ariana Grande Says She Doesn't Want to Be Called Big Sean's Celebrity Ex](#)

2. Accept it: You're thinking about it constantly, so use this time to think about your relationship and accept that it is, in fact, over.

Related Link: [Justin Bieber Says He's a Single Celebrity and 'Ready to Mingle'](#)

3. Focus on you: This cannot be stressed enough. Take care of yourself. Focus on your needs, focus on positivity, and focus on things that make you happy. Taking care of yourself is of the utmost importance.

Have you gone through a sudden break up? What did you do to cope? Comment below!