

# Celebrity Divorce: Yolanda Foster Addresses Pain of Divorce in Instagram Post



By [Jessica DeRubbo](#)

Yolanda Foster recently spoke out about the pain of her [celebrity divorce](#) from David Foster via an Instagram post on Sunday, Dec. 13. According to [UsMagazine.com](#), the caption of the photo is, "Note to self. Sometimes your heart needs more time to accept what your mind already knows." A source said, "It didn't make sense to stay together," adding that David is the one who pushed for the divorce because he felt that the union "wasn't a marriage." Despite the former [celebrity couple](#)'s split, Yolanda still looks back on the relationship

positively. “We had a beautiful love story that I will treasure forever,” she said.

## **Celebrity divorce or not, a marriage dissolving is painful business. What are some ways to cope with heartbreak in the wake of a divorce?**

### **Cupid’s Advice:**

When marriage ends, there’s no getting around the pain. That being said, there are certainly different ways to cope with it. Cupid has some [relationship advice](#):

**1. Know you’re not alone:** The worst thing you can do is hole up at home with a tub of ice cream with no one you love around you. Okay, maybe it’s okay for the first day or two, but then consider inviting some friends or family over to hang out! They know you well, and just their presence will remind you there are other people out there who care. Plus, you’re not the only one who has gone through a divorce. If they can get through it, so can you.

**Related Link:** [5 Lessons to Learn from Celebrity Divorce](#)

**2. Maintain your normal routine:** Getting on with life, even if you don’t feel like it, is one of the best ways to cope with a broken heart. Going to work, working out at the gym, cooking dinner, etc. will help you realize that life truly does go on.

**Related Link:** [Mandy Moore and Ryan Adams File for Celebrity Divorce](#)

**3. Believe:** You may be tempted to think, “I’m never going to get through this.” Try your best to believe the opposite.

You'll get through the pain of heartbreak and emerge on the other side a stronger person.

**What are some other ways to cope with the pain of heartbreak?  
Share your thoughts below.**