

Celebrity Break-Up: Amber Rose & Val Chmerkovskiy Call It Quits



By

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In [latest celebrity news](#), Amber Rose and Val Chmerkovskiy are 2017's latest victims of recent [celebrity break-ups](#). The [celebrity couple](#) met on the set of *Dancing With the Stars* last year as the 33-year old model paired up with Maksim Chmerkovskiy, the 30-year old professional dancer's brother. The duo wasn't afraid to flaunt their relationship after first being spotted together at a birthday party in October. They took on social media, posting several back-to-back photos of themselves on Instagram. However, after five months of family outings and holidays together, the [celebrity relationship](#) came to an end. Late Sunday night, Chmerkovskiy

took to Instagram to let the public know his break-up with Rose was mutual saying she is “an amazing mother, an awesome friend, a loving human period.”

Yet another celebrity break-up has hit Hollywood! What are some immediate ways to cope after a tough split?

Cupid’s Advice:

Even if your break-up with your partner was mutual, breaking up is never easy. How are you supposed deal with losing someone you were once so close with? Cupid’s here to help you cope:

1. Lean on your loved ones: Who would your friends be if they weren’t there for you during rough times? Finding comfort in your loved ones is one of the best ways to deal with a break-up. This is a good way to let out all of your emotions, receive some love, and curl up with chocolate and a good movie.

Related Link: [Celebrity Break-Up: Scarlett Johansson & Husband Romain Dauriac Split After Two Years of Marriage](#)

2. Get active: There’s no better remedy for a heart break than boosting up your endorphins. Exercising gets your blood flowing and adrenaline pumping which, in turn, raises your level of endorphins. This lowers your stress levels and boosts your mood, so why not give it a try?

Related Link: [Celebrity Break-Up: Jane Fonda & Richard Perry Split After 8 Years Together](#)

3. Do the things you love: Focus on the positive aspects of

your life by doing the things you love the most. It's time to focus on yourself rather than the things you can't control. Even if it seems hard at first, go out and enjoy doing what makes you feel good!

Did you recently go through a break-up? Comment below with some coping mechanisms that helped you out!