

Celebrity News: Find Out About Sandra Bullock's Life After Jesse James



By [Whitney Johnson](#)

Sandra Bullock is living her best life: She's got a full line-up of movies in the works, including the highly-anticipated *Ocean's 8*, two adorable children, and a happy [celebrity relationship](#) with Bryan Randall. However, according to the latest [celebrity news](#) on [EOnline.com](#), it wasn't always so easy for the actress, especially following her celebrity divorce. "Life after Jesse James was really tough. She was embarrassed by what he did and in ways blamed herself at the time," an insider tells E! News. "She now knows she is much

better off and everything happens for a reason.” Living a more private life has helped Bullock open up her heart and find love again. Of her celebrity relationship with Randall, the source adds, “They are perfect. He is a great guy and makes Sandra really happy.”

In celebrity news, this actress is thriving after her brutal split. What are some ways to turn your life around after a trying break-up?

Cupid's Advice:

It's not always easy to find happiness after a tough break-up, but if you take a cue from this celebrity news and follow in Bullock's footsteps, you can do it too! Consider the relationship advice below if you're hoping to turn your life around after heartbreak:

1. Spoil yourself: Now that you're single, use this free time to focus on what's important: *you*. Go get a pedicure. Watch *La La Land*. Take a cooking class. Head to Starbucks for your favorite latte and a doughnut. Buy a special bottle of wine just because. Whatever it is, take this opportunity to make yourself feel happy again.

Related Link: [Celebrity News: Find Out Why Sandra Bullock & Bryan Randall Aren't Getting Engaged Anytime Soon](#)

2. Stay active: It's tempting to wallow on your couch, wearing the same pajamas for three days in a row and falling into a Netflix binge. Instead, get outside and soak up some sunshine! Vitamin D is just what the doctor ordered. A little exercise will not only distract you from your heartbreak, but it'll

also make you feel better. Thank you, endorphins!

Related Link: [Celebrity Couple Sandra Bullock and Bryan Randall Share Cozy Moment in New Photo](#)

3. Be positive: After your heart has time to heal, it's time to start thinking about the future. Know that there is someone special out there for you – someone who is an even better fit for you than your ex. Always have hope, no matter how hard it may be.

What's your best piece of relationship advice following a break-up? Tell us in the comments below!