

New Celebrity Couple? 'Bachelor in Paradise' Stars Amanda Stanton & Robby Hayes Spark Romance Rumors



By [Melissa Lee](#)

[EOnline.com](#) has reported of a speculated romance between *Bachelor in Paradise* stars Amanda Stanton and Robby Hayes! The two were spotted in West Hollywood on Saturday night, where they were holding hands as they entered a restaurant. They also attended a Los Angeles Dodgers game alongside Ashley "I" Iaconetti and Jason Treece, before heading to co-star Raven Gates' birthday party on Sunday. This potential relationship comes after Stanton's break-up with Josh Murray, which she

described as “really, really hard.”

There might be a new celebrity couple in Bachelor Nation! What are some ways to know you're ready to move on from a volatile relationship?

Cupid's Advice:

After getting out of an emotionally tolling relationship, it can be tough when deciding you're finally ready to get back in the dating game. Luckily, Stanton is in a place where she is able to find love after her rollercoaster romance with her ex-fiance. Check out some of these tips from Cupid if you're in a similar position:

1. Take time for yourself: Before jumping into any new romances, take some time to focus on yourself. After being in a frustrating relationship, you owe it to yourself to spend your time improving yourself, whether that be mentally or physically. You need to give yourself the opportunity to healthily move on from this relationship before even thinking about finding someone new to date.

Related Link: [Celebrity News: Former 'Bachelor' Ben Higgins Discusses Why He Sent Becca Tilley Home Before Hometown Dates](#)

2. Seek support and help: Volatile relationships can be exhausting, and it would be unrealistic to go through the break-up without seeking support from loved ones. Don't be afraid to ask for help when you're having bad days, or even ask for a shoulder to cry on. Having a good support system will make the break-up process a lot less painful.

Related Link: [Celebrity News: 'Bachelorette' Castoff Dean Unglert Still Isn't Speaking to Father After Emotional Reunion](#)

3. Begin to move forward: Accept the past for what it is, and begin to move on with your life. Dedicate your days to move improvements to your own lifestyle. Day by day, the aftermath will start to get a lot easier, and you will find yourself move forward from this former relationship. It's important to trust in your instincts, and that's when you'll know you can begin to date someone new.

What are some of your tips for moving on from an emotionally exhausting relationship? Leave your thoughts below.