

Celebrity Break-Up: Rachel Bilson & Hayden Christensen Split After 10 Years Together



By

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[Celebrity couple](#) Hayden Christensen and Rachel Bilson have officially ended their relationship. This [celebrity news](#) comes as a disheartening shock as the pair have been together for 10 years. While they have managed to keep their lives private, a source close to the pair told [UsMagazine.com](#) that they have been “on the outs for a couple of months.”

This celebrity break-up comes after a very long-term relationship. What are some ways to cope after the end of a long relationship?

Cupid's Advice:

Ending a relationship is hard, particularly when you have been together for a very long time. Here are a few ways to cope with your break up.

1. Get out of the house: When you break up with someone, one of the worst things you can do is sit at home and wallow. Call up your friends and have a night out. Leave your worries at the door and let loose.

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2. Take care of yourself: After a relationship has ended, it is easy to fall into a pit of sadness and depression. Instead, take some time to pamper yourself by going to a spa, taking a relaxing day off work, or trying a yoga class. Anything to make you feel special and more relaxed.

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3. Let it out: One of the best things you can do to make yourself feel better, is to acknowledge your feelings and let it out of your system. Recognize that your relationship has ended and your feelings are valid. Talk to your friends about what you're thinking and allow yourself time to grieve.

How did you cope with your break up? Comment below!