

# Celebrity Break-Up: 'Bachelor' Nick Viall Addresses Being Single After Split from Vanessa Grimaldi



By [Ashleigh Underwood](#)

As much as we wish it weren't true, *The Bachelor* doesn't always end with a fairy tale. Sadly, such is the case for [celebrity couple](#) Nick Viall and Vanessa Grimaldi. After being engaged for several months, the couple announced their split in August and embraced single life. In a recent [celebrity interview](#), Viall finally opened up about being single. According to [UsMagazine.com](#), Viall said, "It's never fun, right? I don't know. Being single kind of sucks. But what

can you do?"

## **This celebrity break-up talk has us feeling bad for this *Bachelor*. What are some ways to embrace the single life after a split?**

### **Cupid's Pulse:**

Break-ups are always tough and can be hard to handle. While there is no magic cure to the pain of heartbreak, here are a few ways to embrace single life:

**1. Focus on you:** There is no better time to spoil yourself and learn about who you are, than when you are single. When you become single, you are flooded with a large amount of free time. This can be overwhelming and disheartening if you don't know how to fill that time. So, instead, spend this time trying new things and learning about yourself.

**Related Link:** [Celebrity Break-Up: Nick Viall Says He Still Loves Vanessa Grimaldi Post-Split](#)

**2. Be with your friends:** Being in a relationship sometimes means that you have less time to be with your friends. When you are single though, you have endless time to be with your friends and catch up. They are the ones who will carry you through this break up and stand by your side no matter what. So, take this time to be with your squad and live it up.

**Related Link:** [Single Celebrity: Bachelor's Ashley Iaconetti Isn't Interested in "Random Dates"](#)

**3. Travel:** What better way to move on from a break-up than to travel the world. Take some days off of work and live it up in a new town, new country, new scenery. Any place you go will be

uplifting to your soul and will help you embrace single life even more.

**How did you embrace single life? Comment below!**