

Celebrity News: Gisele Bundchen Consoles Husband Tom Brady After 2018 Super Bowl Loss



By [Carly Horowitz](#)

In [latest celebrity news](#), Gisele Bündchen comforted her husband [Tom Brady](#), quarterback for the New England Patriots, after his team lost to the Philadelphia Eagles in the 2018 Super Bowl. Although many Patriots fans were distraught, Bündchen maintained a positive attitude as she posted a picture of herself hugging Brady on Instagram with the caption: "Congratulations Eagles for winning the Super bowl, what a game that was! Congratulations Patriots for giving your

best and to my love, we are incredibly proud of you because we are able to see every day all the commitment, sacrifice and hard work that you have devoted to become the best in what you do. We love you!” According to EOnline.com, even though the Eagles won the game 41-33, Brady set a record! He now has the most passing yards ever in a Super Bowl game and in any postseason game.

In this celebrity news, Gisele is there for Tom in the good times and the bad. What are some ways to console your partner after a disappointment?

Cupid’s Advice:

When your partner is going through a loss or disappointment, it is part of your relationship duty to help them get through this tough time together. Empathy is key when it comes to relationships. Cupid has some ideas on how to help give solace to your partner:

1. Be present: This may seem obvious, but sometimes people have the tendency to flee when bad circumstances arise. Be there for your partner, and listen to everything that they have to say. Instead of trying to change how they are feeling, simply listen and be there for them. Let them vent, and give them copious amounts of love.

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2. Distract them: Once you have given your partner time to let out how they are feeling, make efforts to try and shift the energy. Even though you probably can’t take away their disappointment or sadness completely, you do have the

capabilities to alter their mind onto something else for the time being. Think of some things you can do that would be special for your partner: cook their favorite dinner, watch their favorite movie together, or go out for a fun [date night](#).

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3. Be okay with space: Everyone copes differently. If your partner is the type of person who needs time to themselves in order to get over a disappointment, let them have that. Try not to bombard them while trying to help when they just need some space to themselves. Sometimes it is hard to tell if your partner truly wants space or if they do want you to comfort them. Really try to listen to your partner and get a feel for what they need.

Also, never underestimate the power of hugs!

**How have you consoled your partner after a disappointment?
Comment below!**