

Celebrity Break-Up: John Cena Opens Up About Nikki Bella Split, Says 'It Sucks'



B

y [Jessica Gomez](#)

In [celebrity news](#), John Cena is having a hard time with his break up from Nikki Bella. According to [UsMagazine.com](#), Cena recently said, "It sucks. " He told *Entertainment Tonight* during CinemaCon 2018 in Las Vegas on Wednesday, "There's no other way to say [it]. I love Nicole with all my heart, and that's that." The former [celebrity couple](#) split earlier this month when, according to a source, Bella called off their engagement. May these [celebrity exes](#) get through this tough break-up.

This celebrity break-up isn't without heartache. What are some ways to cope with the loss of a close relationship?

Cupid's Advice:

Most break-ups are not easy – they affect us in various ways. Luckily, there are ways to deal with them. Here are a few:

1. Being a break-up was the right choice: Sometimes love can blind us, but it is important to know the reason for our decisions, and that it is in fact the right one. Try your best to skip any denial stage to make it easier for yourself. Assess the situation and be sure. But don't overdo it to the point you're blaming yourself or driving yourself crazy. Just make sure that you stand strong in knowing the break-up was the right thing to do.

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2. Take care of yourself emotionally and physically: Start off by making sure to eat well and exercise. Both eating and exercising are essential to your health and make you feel better after. As for emotionally, don't overwork yourself mentally. Give yourself a break to relax. Also, if you don't want to be alone during this time, then don't be. Reach out to family and friends. It's okay to do so. Alone time is important, too, however.

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3. Think of the positive outcome: It is hard to see it during a tough time – but it is essential that you do find it. Things

can look hopeless, and that can drag you into a downward spiral. It is important to find the good in all the bad situations we're in, no matter how small it may be. Just know that you are going through a hard time right now that will make you stronger in the long run. The future holds something much better. Positive thinking goes a long way.

What are ways you dealt with a painful break-up? Share below!