

Kendra Wilkinson Shares the Pain of Packing Up Her Things Amid Celebrity Divorce



By [Haley Lerner](#)

In [celebrity break-up news](#), Kendra Wilkinson documented the pain of packing up things amid her [celebrity divorce](#) from husband Hank Baskett. The former *Playboy* model wrote on her Instagram story on Monday, “I’m starting to box up and my heart can’t hurt any more. I need prayers n strength today. I worked so hard for my home,” along with a picture of an empty cardboard box. The reality star also shared a photo of her framed family portraits of her children, Hank IV and Alijah Mary, with the caption, “My pride and joy wall is coming down.” According to *People.com*, Wilkinson filed for divorce

from Baskett in April, citing irreconcilable differences. The 32-year-old star is requesting joint legal and physical custody of her and Baskett's two children and is seeking to restore her maiden name, Wilkinson. In a separate Instagram post on Monday, the mother of two wrote, "I'm doing the best I can in my life with the cards I've been dealt and I will continue to do that. I'm hurt because the world I thought was promised to me forever is now coming to an end."

This celebrity divorce hasn't been an easy one for Kendra Wilkinson. What are some ways to ease the pain of the divorce process?

Cupid's Advice:

Moving on after a divorce is hard. Cupid has some tips to make it easier:

1. Separate your belongings: Just like Wilkinson, it's important to quickly separate spaces and belongings after a divorce. If you don't do it right away, you'll have to deal with the pain of it later on. Keeping yourself busy with the process of deciding who gets what is a great way to distract yourself from the pain of your divorce and keep things practical.

Related Link: [Newly Single Celebrity Kendra Wilkinson Is 'Excited to Start Dating Post-Divorce from Hank Baskett](#)

2. Focus on yourself: After a divorce, it's best you spend some time alone and put yourself first. Take time to focus on your mental and physical health. Whether it's through therapy, doing activities you love or even implementing a new skin care routine, your attention should be on yourself.

Related Link: [Celebrity News: Kendra Wilkinson Asks Fans for Dating Advice After Split From Hank Baskett](#)

3. Spend time with family and friends: The best people to help you go through a tough divorce are the people you're closest to. In your difficult time, call upon your loved ones to be there for you and help take your mind off all the drama with your ex.

Have any more tips to make the divorce process easier? Comment them below!