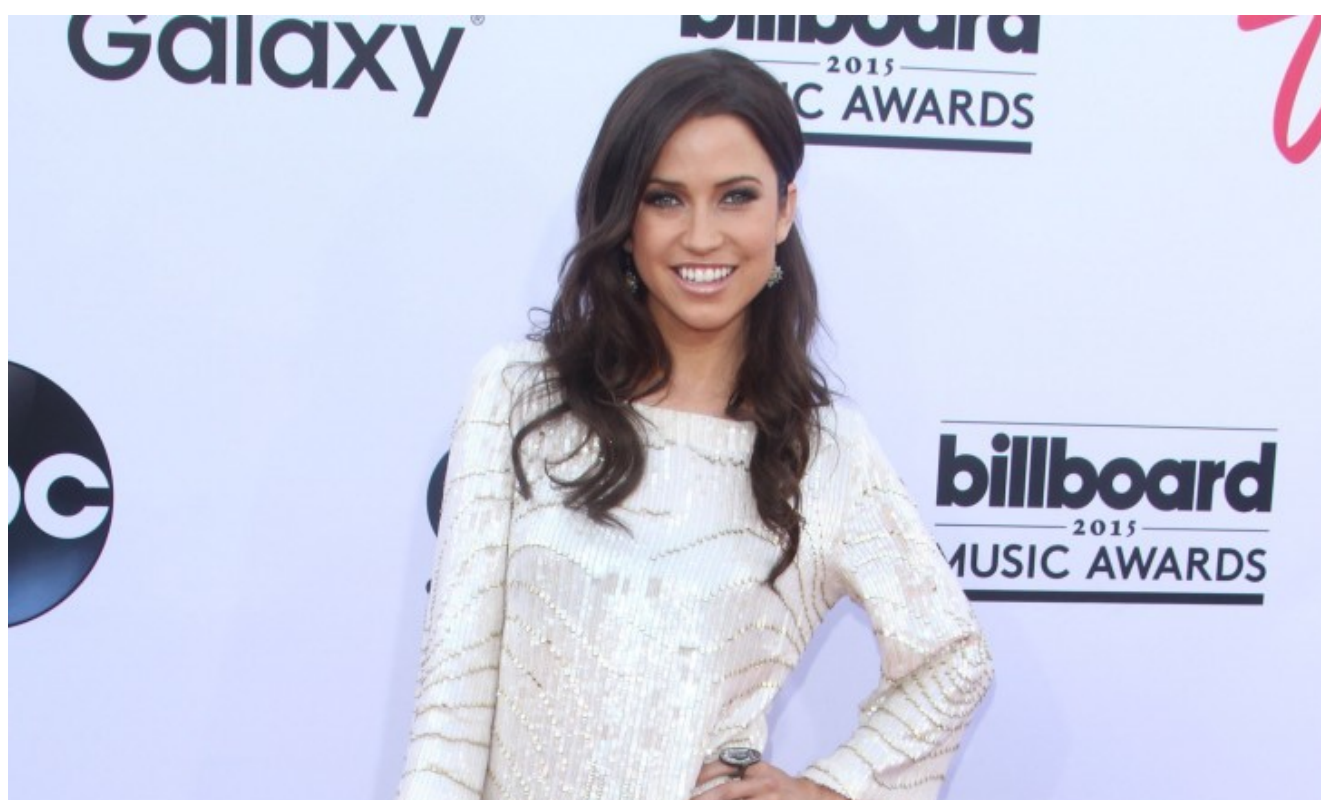


Celebrity Break-Ups: Kaitlyn Bristowe Visits Vancouver Post-Split from Shawn Booth



By [Courtney Shapiro](#)

In [celebrity news](#), Kaitlyn Bristowe headed back to Canada shortly after her break-up from Shawn Booth. The pair had spent some time apart during July and August when Bristowe had left their home in Nashville together to visit family back home. The [celebrity relationship](#) lasted for three years, and the two are committed to remaining friends. In an Instagram story Bristowe shared with *UsMagazine.com*, she admitted to feeling “a little out of [her] mind.” While at home Bristowe recorded a song with her father, allowing her to put her emotions somewhere.

In celebrity break-up news, Kaitlyn Bristowe is visiting her hometown after her heartbreaking split from Shawn Booth. What are some ways going home can help you cope with a break-up?

Cupid's Advice:

How can going home help you cope with a break-up? Cupid has some thoughts:

1. Your family knows you best: When going through a break-up it will help to be around your biggest support system. Your family knows you the best, and can offer you the best comfort.

Related Link: [Celebrity Exes Channing Tatum & Jenna Dewan Reunite for Halloween Selfie Amid Divorce](#)

2. Getting away from a public space: Being home allows you to be in your own head space away from everyone's questions or concerns. Your family will know when it'll be okay to work through everything out loud, but will also know when to give you time for yourself.

Related Link: [Celebrity Break-Ups: Kaitlyn Bristowe Reveals Shawn Booth Forgot Their Anniversary Last Year](#)

3. You won't be alone: Going home automatically means you won't be by yourself. You will be able to cry or laugh with family and friends who will be there for you no matter what.

Have you used your hometown for support after a break-up? Let us know in the comments!