

Celebrity Divorce: Channing Tatum & Jenna Dewan's Split Is Becoming 'Challenging and Emotional'



By [Lauren Burczyk](#)

In [celebrity news](#), [celebrity exes Channing Tatum](#) and Jenna Dewan are having trouble keeping an amicable relationship. According to *UsMagazine.com*, a source told them that the couple's split is becoming challenging and emotional. The couple separated in April 2018 following nearly nine years of marriage. Tatum, 38, filed for joint custody of their daughter, Everly, 5, and the process is becoming very lengthy. The doting father detailed, in his hearing, how much he loves to spend time with his daughter and included the fact that he decorated her room in his rental home in a fairy-tale theme just so she'd feel comfortable there.

This celebrity divorce started out amicable, but it's becoming challenging. What are some ways to stay rational in the midst of a split?

Cupid's Advice:

Breaking up with someone you truly cared about and shared your life with is extremely difficult. It can put a lot of stress on you, both physically and emotionally. Here are some ways to

stay rational in the midst of your split:

1. Unfriend them on social media: Keeping a close watch on what your ex is posting on social media can make what you're going through so much more difficult. To avoid any irrational behavior that may be triggered by their social media posts, unfriend them immediately!

Related Link: [Celebrity Break-Up: Channing Tatum & Jenna Dewan Tatum Are Still Living Together Post-Split](#)

2. Stay active: Keeping up with your exercise routine is scientifically proven to help you feel better. Staying active will build up your endorphins to help fight off stress. Go for a run or take a fitness class to meet new people, it will boost your mood and having you feeling like your normal self in no time!

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

3. Connect with friends and family: Depending on how serious your relationship was, you may have lost touch with some important people in your life. Try reconnecting with them, it will help you take your mind off of your ex and is a great start to helping you move on.

What are some other ways to stay rational in the midst of a split? Comment below.