

Celebrity News: 'Bachelorette' Star Blake Horstmann Talks Moving On After Becca Kufrin Split



By [Mara Miller](#)

In the latest [celebrity news](#), *Bachelorette* alum Blake Horstmann has had a hard time moving on from Becca Kufrin since she broke his heart when she sent him home. According to *UsMagazine.com*, the most recent season finale of *The Bachelor* brought back memories for Blake after Colton Underwood ended his relationships with Hannah and Tayshia. Horstmann has now moved on, and even considers Garrett Yrigoyen a close friend despite his engagement to Kufrin.

In celebrity news, Blake Horstmann didn't have an easy time moving on after his split from Becca Kufrin. What are some ways to cope with a broken heart?

Cupid's Advice:

Heartbreak isn't easy, but here are a few ways you can cope with heartbreak:

1. Spend time with friends: Your friends—the close ones—are your number one support network after a heartbreak. Go see a movie, get ice cream, lobster and steak—whatever strikes your fancy with your besties. It's a way to take your mind off the heartbreak and to try to gather a sense of normalcy.

Related Link: [Celebrity News: 'Bachelor' Colton Underwood Calls Cassie Rudolph His 'Future Fiancee' After Whirlwind Reconciliation](#)

2. Stay in the present: Don't focus on the past. What happened happened, and there is no way for you to change it. All you can do is live in the present and focus on yourself. If you let yourself continuously dwell in the past you will never be able to move on.

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3. Practice self-love: Make sure you're eating right and getting enough sleep. It can be easy to neglect taking care of yourself while you're going through heartbreak. You need to learn to love yourself again. It's not easy, but if you're patient with yourself, you can get through it.

What are some other ways to deal with heartbreak? Let us know in the comments below!