

Adele Celebrates 31st Birthday Amid Celebrity Divorce



By [Mara Miller](#)

In the latest [celebrity news](#) according to *UsMagazine.com*, Adele is celebrated her 31st birthday on May 5 despite her [celebrity divorce](#). In a captioned post on Instagram, Adele wrote, "30 tried me so hard but now I'm owning it and trying my hardest to lean in to it all. No matter how long we're here for life is constant and complicated at times." Adele announced her split from [celebrity ex](#) Simon Konecki in April. They have chosen to keep specific details about their split private.

Amid her celebrity divorce and birthday celebration, Adele says life is “complicated.” What are some coping mechanisms for getting through a break-up or divorce?

Cupids Advice:

A break-up or divorce is never easy. Cupid has some advice on how to cope:

1. Spend more time with your bestie: Your best friend(s) can be your strongest ally when it comes to helping you cope after a breakup. They can be there for you to drag you out for lobster and steak, a karaoke night, or even a late night Netflix binge with wine. It can be beneficial to spend time with someone who you know will be there for you without question.

Related Link: [Celebrity Break-Up: Adele & Simon Koneckis Call It Quits](#)

2. Pick up a new passion: This can seem incredibly corny, but picking up a new passion can help you cope with the aftermath of a breakup. Have you always thought about writing a romance novel? Going back to school to get another degree (or your first if you never went to college?).

Related Link: [Celebrity News: ‘Pump Rules’ Lala Kent Deletes Instagram Pics of Fiance Randall Emmett](#)

3. Practice positivity: Staying positive after a break-up is important for your emotional health because it can be easy to fall into an emotional trap that will leave you circling why your relationship failed in a continuous loop.

What are some other ways you can cope with divorce or a break-up? Let us know in the comments below!