

Celebrity News: 'Bachelorette' Hannah Brown Says 'Thank You, Next' to Questions about Tyler Cameron & Gigi Hadid



By

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In a [celebrity interview](#) with *UsMagazine.com*, Hannah Brown made it clear that she is ready to take on life as a single woman after her [celebrity break-up](#) with Tyler Cameron. The reality TV star says she is focused on exploring her new opportunities as a single woman and is ready to move forward from *The Bachelorette* with or without a man.

In celebrity news, Hannah isn't letting anyone draw her into talks surrounding Tyler Cameron's dating life. What are some ways to move on when you see your ex moving on?

Cupid's Advice:

While all celebrity relationships do not last, the relationship you have with yourself does. We are rooting for Hannah in her new journey! Cupid has some advice on how to move on from an ex like Hannah Brown and many other single celebrities:

1. Focus on yourself: Self-care is always the best way to go. When we take care of ourselves and give ourselves all the love and affection for a change, we realize just how much we needed it and realize that self love is enough. Focusing on yourself and taking the time to heal on your own can help you rediscover yourself and learn more about who you are. You can learn more about your likes, dislikes, and everything in between.

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2. Enjoy your hobbies and friends: Just taking the time to do things you enjoy again can remind you what you really value in life. You can now focus all your time and energy on everything you have ever wanted to do, whether it be painting, going to concerts, traveling the world, or spending more time with friends. Friends are there for you when you need them the most. They can help distract you from your ex and past relationship and can be a shoulder to lean on when you just need to vent.

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3. Take a break from social media: Focusing on yourself means you can't have any distractions. Social media is the easiest way to stay up to date with your friends, and unfortunately, your ex. With just one click you can get lost in your ex's feed. Being single means you now have time to focus on yourself, not your ex and their whereabouts. Embrace the distance from your ex... this may even mean blocking or unfollowing them on all social media for the time being.

Can you think of any other ways to move on when you see your ex moving on? Let us know in the comments below!