

Celebrity Break-Up: Christina Hendricks & Geoffrey Arend Split After 10 Years of Marriage



By [Meghan Khameraj](#)

In [celebrity news](#), Christina Hendricks and Geoffrey Arend split after ten years of marriage. According to *UsMagazine.com*, the pair revealed the end of their [celebrity relationship](#) in an exclusive joint statement to *Us*, “We will always be grateful for the love we’ve shared and will always work together to raise our two beautiful dogs.” This [celebrity break-up](#) comes after a puzzling Instagram post from Arend captioned, “Anytime you’re feeling low, bookend yourself in

dogs.” The post was made on the former [famous couple](#)’s 10th wedding anniversary. The pair plan on taking some time to rediscover themselves post-split.

This celebrity break-up comes after a ten-year marriage. What are some ways to cope with a break-up after a long-term relationship?

Cupid’s Advice:

Christina Hendricks and Geoffrey Arend have called it quits on their 10-year marriage. Though the couple is taking time for themselves after the split, there seems to be no bad blood between the pair. Cupid has some [relationship advice](#) to help you navigate your life after the end of a long-term relationship:

1. Take time for yourself: Just like Hendricks and Arend, the best thing to do after a break-up is to take a moment for yourself. Take this time to understand how you are feeling and what you want and deserve. The end of a long-term relationship can be devastating, so allow yourself to feel all of the emotions that come with a break-up. Manage those emotions in a healthy way as the first step to getting over a break-up.

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2. Surround yourself with positive energy: Once you’ve taken the time to understand how you’re feeling, you should surround yourself with people and places that make you happy. Spend time with your close friends, watch movies or listen to music you like, and focus on your well-being.

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3. Discover a passion: The worst part of a break-up is the heavy period of loneliness that comes along with it. Instead of spending that time reminiscing about the time you spent together or the way he held your hand, use this free time to discover a passion or hobby that is truly yours. It can be anything from exercising to painting, as long as you enjoy what you're doing!

What are your go-to ways to deal with a break-up? Let us know in the comments below!