

'Bachelorette' Hannah Brown Runs Into Celebrity Ex Tyler Cameron at People's Choice Awards



By [Hope Ankney](#)

In the latest [celebrity news](#), [Bachelorette](#) star Hannah Brown bumped into her [celebrity ex](#), Tyler Cameron, at Sunday's People's Choice Awards. According to [UsMagazine.com](#), Brown commented on their interaction before the show started, saying there was no bad blood. She discussed how sweet it was that Cameron brought his mother as his date. When asked if she was nervous about seeing him, she replied positively, "I think I have so much going on right now. I mean, I came straight from

practice for the show tomorrow, so there's no place for nerves and honestly, I'm just really focused on myself right now and I'm just really glad that I am able to be here and to celebrate the nomination of the award."

These celebrity exes crossed paths at the People's Choice Awards. What are some tips for keeping your cool in the presence of an ex?

Cupid's Advice:

A break-up is never easy. It's even harder when you know you're going to have to see your ex again whether you plan on it or not. Standing in the presence of someone that you have a history with would make anyone sweat bullets, but it doesn't have to be an interaction you dread. Instead, if you're worried about keeping your blood pressure down the next time you see your ex, don't worry. Cupid has some [relationship advice](#) on how to stay as cool, calm, and collected as possible in their presence:

1. Think about the positives: If you know you're going to have to be around an ex in a public setting, make sure you don't focus on the negatives of your relationship. Associating their presence with hurt will only hinder you from having a cordial interaction with them. Try to keep your mind on the positives of your guys' time together. Then, when the time comes, you'll be level-headed enough to have a friendly passing conversation.

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2. Be surrounded by friends: Being around an ex, alone, can be a daunting task. But, if you know there might be a possibility

that you'll run into your ex somewhere, bring a couple of your friends to cushion the blow. You'll feel much more confident and positive being around them. And, you won't have to worry about suffering through any awkward silences that might occur.

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3. Focus on yourself: The best advice to keeping your cool when you're around an ex is to do what Hannah Brown did and focus on yourself. Don't allow yourself to think too much about their presence. Keep doing what you're doing, and don't worry about them being there. This helps in alleviating the stress of seeing your ex and acting kindly towards them when you do bump into them.

What are some ways you keep your cool around an ex? Sound off in the comments below!