

# Celebrity Break-Ups: Julianne Hough Is 'Super Upset' Amid Brooks Laich Split



By Diana Iscenko

In the latest [celebrity news](#), Julianne Hough is having a hard time with her recent separation from ex-NHL player Brooks Laich. The [celebrity couple](#) split in May after almost three years of marriage. A source told *UsMagazine.com* that the *Dancing with the Stars* alum is “super upset” about the pair’s upcoming [celebrity divorce](#) saying, “Julianne and Brooks’ split was a long time coming... There’s still a love there, but not in a romantic sense.”

# In celebrity break-up news, Julianne is having a tough time dealing with her recent split. What are some happy things you can do while coping with a split to boost your mood?

## Cupid's Advice:

The end of a relationship is always hard. You need time to grieve no matter how it ended. It's also important not to let the grief be the only thing you feel. If you're having a hard time feeling positive after your breakup, Cupid has some advice for you:

**1. Reconnect with friends:** It's easy to distance yourself from your friends during your relationship, but it's important to spend time with them after a breakup. Your close friends are there for you and this is when you need them most. If they're long-distance friends, schedule times to call them!

**Related Link:** [Celebrity News: Brooks Laich Still Wants Kids After Split from Julianne Hough](#)

**2. Fall in love with your hobbies:** Some of your free time will be spent being upset about your breakup and that's okay. Try spending more of that time getting back into hobbies you may have stopped doing during your relationship. This is your time to experiment with new activities, too!

**Related Link:** [Celebrity Break-Up: Kaitlyn Bristowe & Nick Viall React to Nick's Past Proposal on 'The Bachelor GOAT'](#)

**3. Say yes to new experiences:** Accept every social invitation you have. Spend a night out with friends or have lunch with

your family. Even if it doesn't feel genuine at the beginning, you'll be glad you spent time with people you care about instead of holing up and watching Netflix again.

**What are some ways you pick yourself up after a breakup? Start a conversation in the comments below!**