

Single Celebrity: Selena Gomez Jokes That Her Exes Think She's Crazy



By Carly Silva

In the [latest celebrity news](#), Selena Gomez joked around about her love life in a Youtube video for her new makeup line, Rare Beauty with NikkiTutorials. According to *People.com*, the 28-year-old pop star joked that her exes, which include mega-artists Justin Bieber and The Weeknd, think she's crazy, and that she doesn't even care.

Single celebrity Selena Gomez is able to make relationship jokes at her own expense. How can humor help you cope with heartache?

Cupid's Advice:

Humor is a great way to help you cope with difficult things, especially a break-up. If you're wondering if making jokes about your break-up will help you cope, Cupid has some advice for you:

1. It keeps things light: Joking about something makes everything feel lighter. We all know that a break-up can feel really dark and sad, so sometimes lightening it up is just what you need to be able to move on.

Related link: [Single Celebrities: Selena Gomez Clarifies Relationship Status After Being Spotted with Ex](#)

2. Laughing at yourself is healthy: Being able to laugh at yourself is super helpful when coping with anything in life. Instead of looking back at your relationship with regret, laughing at your mistakes is a helpful way to move on without dwelling painfully on your past.

Related link: [Celebrity Exes: Brooks Laich Steps Out Without Wedding Ring After Julianne Hough Split](#)

3. It shows growth: Once you're in a place where you're able to start joking about your heartache, it shows that you may finally be growing and healing. This is a good way to tell if you're able to move on and laugh, or if you're still feeling sad about your heartache.

How do you use humor to cope with heartache? Start a

conversation in the comments down below!