

# Celebrity Break-Up: Christina Anstead Talks About Choosing Peace Over Drama After Split



By Carly Silva

In the [latest celebrity news](#), Christina Anstead chose to take the peaceful route after her [celebrity break-up](#) from Ant Anstead. According to *UsMagazine.com*, Christina took to Instagram to announce that she is choosing peace after the turbulent journey of her divorce from Ant.

**In celebrity break-up news,**

# Christina Anstead chose to take the peaceful route after her break-up from Ant Anstead. What are some ways to keep your split civil and peaceful?

## Cupid's Advice:

After a break-up, it's easy to get wrapped up in the drama of an intense split, but sometimes, taking the high road will make things a lot easier. If you're looking for ways to keep your split civil and peaceful, Cupid has some advice for you:

**1. Make a conscious choice:** If you want your break-up to remain civil and peaceful, the first thing to do is make a conscious choice to do so. Make the decision to be peaceful and stick to it. This intentional effort will make it easier to stay peaceful as you deal with the aftermath of a split.

**Related Link:** [Celebrity Break-Ups: Lenny Kravitz Blew It During First Meeting with Ex Lisa Bonet](#)

**2. Stay off social media:** One of the worst things you can do after a break-up is bring it to social media. Posting about your ex or your break-up only adds more chaos and drama to the situation. Try to stay off of social media after your split to avoid the temptation of getting wrapped up in the drama of your break-up.

**Related Link:** [Celebrity Break-Up: Ant Anstead Asks Fans to Stop Trying to Diagnose Split from Ex Christina](#)

**3. Focus on other things:** The best way to stop yourself from getting caught up in the drama of your split is to take yourself away from any tempting situations. Instead of thinking about or talking to your ex, try focusing on things

in your life that you love or that bring you joy. This can help distract your mind and help you achieve peace instead of constantly being upset over the break-up.

**What are some other ways to keep your split civil and peaceful? Start a conversation in the comments down below!**