

Jennie Garth Says Farm Animals Help Her Cope with Divorce



Jennie Garth is dealing with a divorce from her ex-husband Peter Facinelli in a new way. According to [People](#), four dogs, two goats, five cats, two miniature horses and a pig are helping her cope. "Having all these animals fills a void for me because I'm kind of going through a rough time right now. The animals give you unconditional love, and that feels good," Garth said on the premier of her new show *Jennie Garth: A Little Bit Country*. "I think that my animals give me a sense of like relief, like they make me feel like none of that other bull matters," Garth told her assistant. Garth's slow, paced country lifestyle is just what she needs to get back on her feet after her break-up.

How can pets help you cope with a split?

Cupid's Advice:

Dealing with a split is always difficult. Here are some tips on how your pets can help the healing process go more smoothly:

1. You always have a companion: Your cat will love you unconditionally. With or without your ex, you will always have your pet around to make you feel better. Try snuggling up on the couch and watch your favorite movie.

2. Occupied attention: Taking care of your pet will keep your mind off your recent breakup. Give your dog an extra walk during the day instead of chatting with your ex. Your dog will love you for it.

3. Pick up a new beau: Walking your dog around the neighborhood could even lead you to meeting someone new.

How did your pet help you cope with your split? Share your stories below.