

Nigella Lawson Is 'Devastated' Over Charles Saatchi's Divorce Filing



By Kristyn

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When Charles Saatchi decided to file for divorce, Nigella Lawson was caught off guard. According to the [New York Post](#), Lawson had no idea that her husband was about to announce their separation in a statement to a Sunday newspaper. She is devastated that their family is falling apart, and she has no control over the situation, an insider told [UsMagazine.com](#).

How do you cope when your partner breaks your heart?

Cupid's Advice:

It's never easy when your partner breaks your heart. The end of a relationship can put your life in shambles and trigger painful emotions. So what are some ways you can cope when your partner breaks your heart? Cupid has some advice:

1. Find support: Open up to family and friends or join a support group. Being able to open up and share your feelings will guide you through this difficult time. Isolating yourself through this period can add stress and depression to you. Don't be afraid to talk to other about your emotions, people are willing to listen.

2. Take care of yourself: It's crucial to take care of yourself emotionally and physically. This can be a hard time for anyone so remember to exercise, eat well, and relax. Also, take the time to do something you've always be interested in, spending time with your friends and family, and focusing on you. Doing something that will make you happy will go a long way. Think positively, life will get back to normal.

3. Look to the future: Don't look back with regret. Once you've accepted the end of your relationship you will begin to heal. Also, it may seem hard to believe you will find love again, but remember you are allowed to – and will love again. So set your sights on the future and don't look back.

How do you cope when your partner breaks your heart? Share your thoughts below.