

Adam Levine's Ex Nina Agdal Opens Up About Their Split and His Engagement



By April Littleton

According to UsMagazine.com, Nina Agdal holds no grudges against *Maroon 5* singer Adam Levine and his fiancée Behati Prinsloo. The *Ocean Drive* cover girl said that she found out about Levine's engagement through a text message but she's "happy for them." Agdal is currently dating *The Wanted's* Max George. "We're very much in the honeymoon period. She's awesome," the British rocker, 25, told *OK!* last month. "She's like a best mate as much as a girlfriend."

What are some ways to cope with an abrupt breakup?

Cupid's Advice:

Sometimes breakups happen quickly, and there's nothing you can do about it. Cupid has some advice on how to deal:

1. Spend time with friends: After you go through a breakup, it's a good idea to spend some time catching up with your loved ones. They'll be there to lend you a shoulder to cry on and they won't pass any judgment on you.

2. Keep busy: One of the best things you can do after a sudden breakup is keep yourself distracted. Continue to carry on with your daily routine as you normally would do. Hang out with your family and friends. Take up a few new hobbies. Over time, you won't need as many distractions, but for now, it'll help with the pain you might be feeling.

3. Pamper yourself: Take yourself out on a "me" day. Get a makeover or spend the day relaxing at a spa. Don't just spend your time pondering on what could have been. You're single now, so that mean you need to be the best "you" you can be for the next cute girl/guy who catches your eye.

**What are some other ways to cope with an abrupt breakup?
Comment below.**