

# Jessica Biel Tells Internet to 'Calm Down' After Justin Timberlake's AMA Win



By Kerri Sheehan

There is no trouble in paradise for Justin Timberlake and Jessica Biel! This Sunday night at the American Music Awards Timberlake brought down the house with his performance of "Drink You Away," and managed to snag awards for favorite pop/rock male artist, soul/R&B album, and soul/R&B artists. The question on a lot of people's minds was, "Where is his wife, Jessica Biel?!" According to [People](#), Biel took to Twitter to answer this question, saying, "I'm watching from home tonight. Calm down, Internet," she wrote.

**What are some ways to support your partner's career from afar?**

## **Cupid's Advice:**

You don't have to be right next to your partner to show your support! Admire them from afar. Cupid has some advice:

**Related Link:** ['N Sync's Lance Bass Says Jessica Biel is Helping to Plan His Wedding](#)

**1. Behind the scenes:** Just because Biel wasn't up on stage with Timberlake doesn't mean that she's not super proud of her hubby! The support that your partner gets on the home front is just as important as the support they get from everywhere else.

**2. Be there for them:** With great success can also come great failure. Be sure that you're there for your partner whether they're getting a promotion or being replaced by their younger, more energetic counterpart.

**Related Link:** [How to Help Your Partner Through A Crisis](#)

**3. Help them out:** Every career has some aspects that are more stressful than others. When your significant other has a hard time keep their career in tact and focusing on other things then take over what you can.

**How are you supportive of your partner's career? Share below.**