

# Single Khloe Kardashian Shares Sad Instagram Post



By Maggie Manfredi

The breakup blues! According to [UsMagazine.com](http://UsMagazine.com), Khloe Kardashian is taking to social media in light of her second split from French Montana. It was also this time last year that Kardashian filed for divorce from Lamar Odom. The *Keeping Up With The Kardashians* star instagrammed a melancholy quote about saying goodbye, making it hard for her followers not to feel her pain. We love you, KoKo!

**What are some ways to conquer loneliness around the holidays?**

**Cupid's Advice:**

Are you single or away from your loved ones this holiday season? Don't fret! Cupid has some advice on how to still enjoy the most wonderful time of the year:

**1. You better watch out:** If you have ABC Family, you can get so much holiday cheer from one channel! From the the Grinch to Rudolph, solo nights snuggled up on your couch with Chinese food will be filled with classic characters.

**Related:** [Khloe Kardashian and French Montana Split For Second Time](#)

**2. You better not cry:** Take this opportunity to help those less fortunate than you. Donate to your office's toy drive or dedicate some weekend time to community service to experience some joy in giving back.

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**3. Santa Claus is coming to town:** Even if you are lonely or sad this season, remember to count your blessings. Send out positive vibes instead of perpetuating a Scrooge-like mentality, so that in the future, good things and good people will come your way.

**How do you cope with holiday woes? Share with us below!**