

# 'The Bachelorette' Winner Josh Murray Gets Out of Town with His Mom Following Split



 By Emma L. Wells

*The Bachelorette* winner Josh Murray knows there's nothing like a mother's love to help you heal. In a tweet on Jan. 12, he told followers he was headed to his hometown of Tampa, Florida with his mother after his celebrity breakup from Andi Dorfman. The couple, who met during season 10 of the popular reality TV show, announced their split in a joint statement earlier this month. Murray had been living in Atlanta, Georgia with Dorfman. According to [UsMagazine.com](http://UsMagazine.com), his mother, Lauren Goodhart Murray, flew to see her son after the news went public, and now, the two are driving south together. Dorfman's final pick also expressed excitement about seeing his beloved dog Sabel again.

## Taking a cue from this celebrity breakup, what are some ways to cope with broken heart after a split?

### **Cupid's Advice:**

Breakups can be painful no matter the circumstances. It's important to give yourself enough time to grieve but not so much time that you start to wallow. You need to move on but not so quickly that you haven't fully healed yet. Cupid has some advice on how to handle a broken heart:

- 1. Surround yourself with people who care:** There is nothing

strange about wanting your mama when you are hurting, no matter how old you are. It's natural to feel lonely after a split. Being around people who see how wonderful you really are will help you see it too. Follow Murray's lead after his celebrity breakup and don't shut yourself off from the world! Take a weekend trip to see family or friends. Even though your significant other may no longer be in your life, you are not alone.

**Related Link:** ['Bachelorette' Andi Dorfman Hands Out Final Rose](#)

**2. Be active:** You know what they say: Out with the old, in with the new! Use this time of change to better yourself by starting a new hobby or interest. Try taking a cooking or dance class or learning a new language. Exercise classes can be especially beneficial because of the endorphins your body releases when you workout. Get your mind off your hurt by setting a goal and hitting the gym.

**Related Link:** ['Bachelorette' Season 10 Couple Andi Dorfman and Josh Murray Call It Quits](#)

**3. Invest in yourself:** You've just gone from being part of a twosome to being single again; you need time to adjust to that kind of change. Remember your awesomeness comes from within, not from your partner. Take yourself out for a day of you! Do the things you love, things that you couldn't do when you were in a relationship.

**How did you heal after a breakup? Tell us in the comments below!**