

# Former 'Bachelor' Chris Soules Spends Time with Family in Iowa Post Celebrity Break-Up



By [Courtney Omernick](#)

It looks like [Chris Soules](#) isn't wasting any time feeling blue about his [celebrity break-up](#). [E! Online.com](#) recently reported that Soules has been spotted post celebrity break-up spending time at his family's farm in Iowa. Chris Soules and Whitney Bischoff announced last month that they were no longer involved in a celebrity relationship.

# **This former Bachelor is seeking comfort in family post break-up. What are some other ways to cope with a split?**

## **Cupid's Advice:**

Chris Soules and Whitney Bischoff's celebrity relationship might not have been all it was cracked up to be, but that doesn't mean that the break-up hurts any less for the both of them. Going your separate ways is never easy, and everyone copes differently. Below is some love advice Cupid has on how cope with a split:

**1. Reach out your friends:** You've made your friends a part of your life for a reason. More than likely, these people will listen to you and understand what you're going through. And, they'll probably try their best to get you out of the house and living life again.

**Related Link:** [Former 'Bachelorette' Trista Sutter Defends 'Bachelor' Franchise After Chris Soules, Whitney Bischoff Split](#)

**2. Focus on yourself:** Now that you have more "me" time, focus on your favorite hobbies, your health, etc. Take some time to just be you instead of wondering what the next step is.

**Related Link:** ['The Bachelor' Chris Soules and Fiancee Whitney Bischoff Split](#)

**3. Think about what you have:** Especially if you've invested a lot of time in your relationship, you can feel a bit depleted once it's over. Remind yourself that you still have amazing people, experiences, and things in your life.

**Share your love advice with our readers. What are some ways you've coped with a split? Comment below!**