

# Britney Spears' Celebrity Ex Charlie Ebersol Copes with Video on Instagram



By Maria N. Capalbo

Sometimes a celebrity break-up is hard to come by! According to [UsMagazine.com](http://UsMagazine.com), Britney Spears' celebrity ex Charlie Ebersol took to Instagram to post his late night lonely feelings! Ebersol coped with his break-up sadness by posting an Instagram video complete with *Toy Story*, a puppy, and a Bible verse. Even though Spears has yet to go public about the break-up, she has deleted all pictures of Ebersol on her Instagram, and we know what that means!

## These celebrity exes are still mending their broken hearts. What are some ways to cope post break-up?

### Cupid's Advice:

Getting your emotions and feelings together after a break-up can be difficult. Sometimes you feel like there is no way out, but that is not the way you want to think! Cupid has some ways you can cope with your break-up below:

- 1. Go out and have fun:** Forget the tub of ice cream and chick flicks, get out of the house and have fun! Meet new people, explore your surroundings, and hang out with your friends! Dance the night away and get a few new numbers while you're at

it.

**Related Link:** [Kevin Federline Reminisces About Celebrity Ex Britney Spears](#)

**2. Focus on yourself:** When you are tied down in a relationship, you often forget to take care of yourself because you are so worried about your partner. Well, this is the time to focus on yourself. Go on a shopping spree, get your hair done, indulge in yourself!

**Related Link:** [Charlie Ebersol Says Celebrity Love Britney Spears 'Drives Me to Be Better'](#)

**3. Accept that time heals all problems:** No matter what happens, things always get better in time, and within that time you do learn a lot about yourself and others. You will still think about that person, but you will most likely learn in your time apart, that you were probably better off without them. You do not need anyone but yourself! Your happiness is the most important.

**What are some ways you've dealt with a break-up? Share below!**