

# Source Says Miranda Lambert Is 'Sad and Trying to Process Everything' Post-Celebrity Divorce



By Meranda Yslas

It looks like this celebrity love story doesn't have a happy ending. Country singers Miranda Lambert and Blake Shelton are officially getting a [celebrity divorce](#) after being married since 2011. According to [People.com](#), the "House That Built Me" singer is coping with this break-up, and a source shares that "she's doing the best that she can and taking it day by day." Last Monday, the two released a statement following the news of their celebrity divorce, explaining, "This is not the future we envisioned and it's with heavy hearts that we move

forward separately.”

## **This celebrity divorce may be finalized, but emotions are still raw. What are some ways to process the reality of a serious break-up?**

### **Cupid’s Advice:**

After being in the same romantic relationship for a long time, a break-up is a big deal. Cupid has some relationship advice on how to deal with a split:

**1. Take care of yourself:** It’s natural to want to curl up in bed and not leave for a few days following a break-up, but it’s important to practice self-care. Make time to do things that make you happy such as going shopping or taking a bath.

**Related Link:** [Blake Shelton Opens Up About Marriage to Miranda Lambert](#)

**2. Create new relationships:** While jumping into a new romantic relationship may not be the best idea, it’s a good idea to broaden your social circle and not dwell on your ex. Make new friends that you can spend time with like a gym buddy or call up a old friend and grab coffee.

**Related Link:** [Miranda Lambert and Blake Shelton Go On Bass Fishing Honeymoon](#)

**3. Ex out your ex:** While the spilt is still fresh, your emotions may be jumbled. Try limiting the contact you have with your new ex so you have time to sort yourself out. It also helps to get rid of or store the things that remind you of him, like any pictures you have together or clothing that may be left over.

**How did you deal with a serious break-up? Share below.**