

# Amid Celebrity Divorce, Source Says Gwen Stefani 'Had the Family She Always Dreamed Of'



By [Courtney Omernick](#)

[UsMagazine.com](#) recently reported that celebrity couple Gwen Stefani and Gavin Rossdale are going through a celebrity divorce. Stefani and Rossdale's celebrity marriage lasted 13 years. An insider revealed that the celebrity breakup has been "a long time coming" for the pair. But, a source said that Stefani "had the family she always dreamed of."

# **This celebrity divorce is not without sadness. What are some ways to pick yourself up when you're sad from a break-up?**

## **Cupid's Advice:**

This former celebrity couple seems to be taking their divorce in stride. Hardly any celebrity divorce drama has been reported! However, that doesn't mean that Stefani and Rossdale aren't hurting. Below are some ways you can pick yourself up when you're sad from a break-up.

**1. Practice gratitude:** Think of at least 5 things that you're grateful for each morning before your feet hit the floor. This will help you set the tone for the day and remember the little things that you might have been taking for granite recently.

**Related Link:** [Gwen Stefani and Gavin Rossdale Split After 13 Years of Celebrity Marriage](#)

**2. Catch up with yourself:** When you were with your previous significant other, you probably spent a lot of time focusing on your status as a couple, and not a lot of time on yourself. Start rediscovering old hobbies, creating new ones, and more.

**Related Link:** [Willow Smith Responds to Will and Jada Celebrity Divorce Rumors](#)

**3. Stop stalking:** It's normal to want to check your ex's social media pages. But, doing this will only keep you stuck in the past. Block them, delete them, do what you have to do to move on.

**How have you picked yourself up after a break-up? Comment below!**