

'Mad Men' Creator Says Jon Hamm and Jennifer Westfeldt Are Having 'Tough Time' Post-Celebrity Break-Up



By Kyanah Murphy

To lose love, especially when you love someone so much and they love you is incredibly hard. UsMagazine.com shares that *Mad Men* creator Matthew Weiner stated that the former celebrity couple Jon Hamm and Jennifer Westfeldt are both having a difficult time dealing with their celebrity break-up. As a friend to Hamm and Westfeldt, Weiner sees the difficulties that these two are going through now that they've split after 18 years. Another source mentioned that the

celebrity break-up is due to differences in family goals; Hamm wanted children, while Westfeldt did not.

This celebrity break-up isn't an easy pill to swallow. What are some ways to cope with a break-up after a long-term relationship?

Cupid's Advice:

Whether it's a celebrity break-up or personal break-up, mending a broken heart is tough. Here are some tips on bandaging a wounded heart:

1. Accept the break-up: Even after a long-term relationship, you have to accept the fact that it's indeed over. You may be replaying over and over in your head what caused the problems but ultimately you just need to accept that it happened and time cannot be reversed or stopped.

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

2. Let yourself feel everything: If you need to cry, cry. If you need to yell, yell. You're going to feel a bunch of emotions as your heart tries to process the end of your relationship and heal. It's perfectly OK to feel every emotion running through you.

Related Link: [Dating Expert Gives Love Advice On When To Date After a Break-up](#)

3. Take it a day at a time: Pain sucks and you're going to want it to end as soon as possible. The truth is, everyone heals differently from one another. Give yourself time. Focus on the present day and what you can do for yourself during

this 24 hour time period. In time, as you do more, you will heal and move forward.

Have you experienced a hard break-up after a long-term relationship before? Share with us how you coped!