

Megan Fox Returns to Social Media After Celebrity Divorce Filing From Brian Austin Green



By [Katie Gray](#)

Megan Fox has her groove back, and her social media silence is over. The starlet posted a selfie photograph to her Instagram with the caption, "I'm still here." The actress has been keeping to herself and laying off of social media since filing for celebrity divorce from Brian Austin Green. According to [People.com](#), The 29-year-old, who was married to celebrity ex Green for five years and shares two sons, Noah, 2, and Bodhi, 19 months, with the actor, cited irreconcilable differences

and requested joint custody of the kids in her filing.

Megan Fox went on hiatus after her celebrity divorce filing. What are some ways to get some space after a traumatic life event?

Cupid's Advice:

Life is full of highs and lows. The best thing we can do is to learn to take the good with the bad. If there were not hard times, we wouldn't know how to fully appreciate the great times. After a traumatic life event it is important to allow yourself time to cope and to always remember that hope comes in many forms:

1. Family and friends: Nothing makes a person feel better then by spending time with family and friends. Your loved ones will encourage you, support you and offer you wise words of wisdom.

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2. Vacation: Everyone needs a break! When you are going through a traumatic experience, it is the perfect time to enjoy some rest and relaxation. Take a vacation somewhere nice and indulge in the pleasures that life has to offer. It's sure to instantly raise your spirits!

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3. Time for yourself: The most crucial thing you can do, is to take time for yourself when the times are tough. Allow yourself to cope and take a breather. Indulge in your favorite things and have quality "me time" to regroup your feelings.

How have you gained some space after a traumatic life event?

Share your stories with us below.