

# Celebrity Divorce: Ant Anstead Says He Lost 23 Pounds Amid Divorce from Christina Anstead



By Carly

Silva

In the [latest celebrity news](#), Ant Anstead got candid in his Instagram comments regarding his apparent weight loss. The British TV star, who is currently going through a [celebrity divorce](#) from Christina Anstead, posted a photo at work, and fans quickly noticed his significant weight loss. According to *EOnline.com*, Anstead responded to comments about his weight loss, admitting to losing 23 pounds, but assuring fans that he will gain it back soon.

# **This celebrity divorce had both an emotional and physical effect on Ant Anstead. What are some ways to be kind to your body amid a break-up?**

## **Cupid's Advice:**

Going through a break-up can have a serious effect on both your mental and physical health, making self-care super important. If you're looking for ways to be kind to your body amid a break-up, Cupid has some advice for you:

**1. Stay active:** One way to take care of your body when going through a break-up is to stay active. Getting up and keeping your body moving will not only keep you healthy, but it is also a great way to de-stress and keep your mind busy. Staying in shape is also a great way to keep your body health and stay confident in yourself, even after a tough break-up.

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**2. Be kind to your mind:** Another way to be good to your body during a break-up, is to also show kindness to your mind. Practicing time for mindfulness, showing yourself extra self-compassion and self-love, and even getting a better night's rest will help you to be more relaxed and make your body feel good. Meditation is a great tactic to practice, especially if you're still thinking about your break-up, mediation will keep both your mind and body peaceful.

**Related Link:** [Celebrity Break-Ups: Lenny Kravitz Blew It During First Meeting with Ex Lisa Bonet](#)

**3. Treat yourself:** While it is definitely important to stay

active and fit, it's also a great idea to show yourself some love. Treating yourself, whether it is a bubble bath, a face mask, or eating your favorite snacks can help remind you of your favorite things and keep your body feeling cared for and fulfilled. Try to do things that will stop you from thinking about your ex, and instead allow you to focus on what you want and what will make your body happy.

**What are some other ways to be kind to your body amid a break-up? Start a conversation in the comments down below!**

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## **Celebrity Break-Up: Christina Anstead Talks About Choosing Peace Over Drama After Split**





By Carly

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In the [latest celebrity news](#), Christina Anstead chose to take the peaceful route after her [celebrity break-up](#) from Ant Anstead. According to *UsMagazine.com*, Christina took to Instagram to announce that she is choosing peace after the turbulent journey of her divorce from Ant.

**In celebrity break-up news, Christina Anstead chose to take the peaceful route after her break-up from Ant Anstead. What are some ways to keep your split civil and peaceful?**

#### **Cupid's Advice:**

After a break-up, it's easy to get wrapped up in the drama of an intense split, but sometimes, taking the high road will make things a lot easier. If you're looking for ways to keep your split civil and peaceful, Cupid has some advice for you:

**1. Make a conscious choice:** If you want your break-up to remain civil and peaceful, the first thing to do is make a conscious choice to do so. Make the decision to be peaceful and stick to it. This intentional effort will make it easier to stay peaceful as you deal with the aftermath of a split.

**Related Link:** [Celebrity Break-Ups: Lenny Kravitz Blew It During First Meeting with Ex Lisa Bonet](#)

**2. Stay off social media:** One of the worst things you can do after a break-up is bring it to social media. Posting about your ex or your break-up only adds more chaos and drama to the situation. Try to stay off of social media after your split to avoid the temptation of getting wrapped up in the drama of your break-up.

**Related Link:** [Celebrity Break-Up: Ant Anstead Asks Fans to Stop Trying to Diagnose Split from Ex Christina](#)

**3. Focus on other things:** The best way to stop yourself from getting caught up in the drama of your split is to take yourself away from any tempting situations. Instead of thinking about or talking to your ex, try focusing on things in your life that you love or that bring you joy. This can help distract your mind and help you achieve peace instead of constantly being upset over the break-up.

**What are some other ways to keep your split civil and peaceful? Start a conversation in the comments down below!**

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# Celebrity Break-Up: Ant

# Anstead Asks Fans to Stop Trying to Diagnose Split from Ex Christina



By Carly

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In the [latest celebrity news](#), Ant Anstead asked fans to stop leaving comments about his marriage and [celebrity break-up](#) with Christina Anstead on his Instagram account. The [celebrity exes](#), who married in late 2018, announced their split earlier this month. According to *People.com*, Ant shared a photo of the son he shares with Christina and chose to turn off comments on his post while asking for privacy and for their family.

## In celebrity break-up news, there

# may not be more to the break-up story between Ant and Christina after all. What are some benefits to keeping the details of your break-up private?

## Cupid's Advice:

Keeping your break-up private can be beneficial in quite a few ways. If you're wondering what some of the benefits of keeping the details of your break-up private are, Cupid has some advice for you:

**1. It shows respect for each other:** If you choose to keep the details of your break-up private, it shows that you still want to be respectful person toward your ex. Instead of airing their dirty laundry and telling everyone exactly what happened, it is very considerate to respect the privacy of your ex and keep the details of the split between the two of you.

**Related Link:** [Celebrity Break-Ups: Tarek El Moussa Is Sad for Ex Christina Anstead Amid Her Split](#)

**2. It prevents others from casting judgment:** If you are willing to tell others all the intimate details of your break-up, you also give them the power to comment or judge your choice to break-up. If you are not willing to listen to someone else's opinion or judgements on you and your ex's choice to end things, it may be best to refrain from giving all of the details out freely.

**Related Link:** [Celebrity Exes: Demi Moore Posts Epic Throwback Emmys Pic with Ex-Husband Bruce Willis](#)

**3. It stops further harm from being done:** If you continue to

talk about your break-up with others or on social media, you run the risk of making the break-up even worse. Keeping things private helps to keep the drama to a minimum and moving on in a mature way rather than gossiping about or dwelling on the break-up. It can also prevent further arguments and blow-ups between you and your ex.

**What are some other benefits of keeping the details of your break-up private? Start a conversation in the comments down below!**