

# Celebrity News: Nikki Bella Describes Deep Postpartum Depression



By Nicole Maher

In the latest [celebrity news](#), Nikki Bella opened up about the struggles she faced in her [celebrity relationship](#) while suffering from postpartum depression. According to *UsMagazine.com*, Bella recalled having feelings of hatred toward her fiancé Artem Chigvintsev after having their [celebrity baby](#), but was able to move past these feelings as the couple began to have more open discussions. Chigvintsev stated that he wished Bella had opened up “sooner” about how she was feeling so that he was more aware of her postpartum

depression when he came home from filming the ABC show *Dancing With The Stars*.

## **In celebrity news, Nikki Bella “hated” partner Artem Chigvintsev as she battled postpartum depression. What are some ways to support your partner through postpartum depression?**

### **Cupid’s Advice:**

Postpartum depression following the birth of a child is something that many couples face in their relationship, even if they are not talking about it openly. If you are looking for ways to support your partner through postpartum depression, Cupid has some advice for you:

**1. Discuss it frequently:** To avoid the formation of ill feelings from either person, it’s important to discuss the effects postpartum depression is having on both your partner and the relationship. While your partner may be hesitant to open up because they fear it will strain the relationship, acknowledging and talking through these new feelings will prevent any bad feelings from building up.

**Related Link:** [Celebrity Baby News: Rooney Mara & Joaquin Phoenix Welcome First Child](#)

**2. Stay close by:** The easiest way to support someone is to remain by their side during a difficult time. Try to make yourself available to the other person as much as possible or contact them frequently if you need to be out of town. By staying close and talking often, you will prevent them from

feeling like they are alone in this process.

**Related Link:** [Royal Celebrity Couple Prince Harry & Meghan Markle Take Aim At Online Negativity](#)

**3. Do your research:** Postpartum depression is complicated and can be different for everyone experiencing it. One way to show your partner that you truly care and are ready to be supportive is to do some research about how they might be feeling. If your partner sees you doing a little extra work, they will know you are taking this new part of the relationship seriously!

**What are some other ways to support your partner through postpartum depression? Start a conversation in the comments below.**

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## **Celebrity Baby News: Nikki Bella Gives Birth to 1st Child with Artem Chigvintsev**





By Alycia Williams

In latest [celebrity news](#), *Total Bellas* star Nikki Bella gave birth to her and fiancé Artem Chigvintsev's [celebrity baby](#) on Friday, July 31. According to *UsMagazine.com*, Bella posted a photo of her son's tiny hand and captioned the photo, "Our baby boy is here and we couldn't be HAPPIER and more in LOVE! Everyone is safe and healthy."

**In celebrity baby news, Nikki and Artem welcomed a baby boy. What are some ways to announce your new arrival to family and friends?**

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

New babies bring joy and happiness to the entire family and all of your close friends. Sometimes trying to tell everyone about the arrival of your baby can be a hassle and seem extremely repetitive. If you are looking for ways to announce

your new arrival to the people closest to you, Cupid has some advice for you:

**1. Use social media:** Instead of calling or texting everyone one by one you can do what Nikki and Artem did and post something to social media letting everyone know about your new baby. That way you know that all of your followers know and you're friends and family can congratulate you through the comments.

**Related Link:** [Celebrity News: Pregnant Nikki Bella Shares Sweet Note to Fiancé Artem Chigvintsev](#)

**2. Plan a get together:** After having your baby, you can plan something small like a barbecue or house party and invite the people closest to you. When your guests come, they'll be able to meet the new addition to your family.

**Related Link:** [Celebrity Exes: Nikki Bella Prays for John Cena to Find Happiness](#)

**3. Send photos:** You can have professional newborn pictures taken of your baby or take pictures with your phone and send them to your friends and family. It can be through text message or you can mail them an actual photo. Either way they'll know about your little bundle of joy.

**What are some other ways to announce your new arrival to family and friends? Start a conversation in the comments below!**

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# Celebrity News: Nikki Bella



# Offered to Take a Break in Relationship with Artem Chigvintsev



By Diana Iscenko

In the latest [celebrity news](#), *Total Bellas* star Nikki Bella reveals she offered to take a break with fiancé Artem Chigvintsev at the beginning of their relationship. The [celebrity couple](#) started dating only six months after Bella called off her engagement and ended her six-year relationship with John Cena. According to *UsMagazine.com*, Bella divulged she was initially worried about falling into a new relationship so quickly. “I was still in the process of healing, but yet I was falling in love so fast with

[Chigvintsev],” Bella said on the latest episode of “The Bellas Podcast.”

**In celebrity news, Nikki offered to take a pause on her relationship with Artem early on as she was healing from her past celebrity break-up. How do you know you're ready to move on from a past relationship?**

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

Finding a new partner is exciting, but it can be hard to tell if you're ready to take the jump into a new relationship. If you're unsure if you're ready to put yourself out there again, Cupid has some advice for you:

**1. You've learned from the past:** You need to learn from your past relationships to have healthy ones moving forward. It's important to acknowledge what didn't work in your last relationship (yes—even in your own actions!), but it's even more important to learn from it and prevent yourself from falling into those same patterns in your new relationship.

**Related Link:** [Celebrity News: Pregnant Nikki Bella Shares Sweet Note to Fiancé Artem Chigvintsev](#)

**2. You're content with life being single:** Finding happiness outside of relationships shows you've moved past your ex. Once you've figured out what you want from life, it's much easier to know if a new partner would fit into that, or if you should wait a little longer.

**Related Link:** [Celebrity Exes: Nikki Bella Prays for John Cena to Find Happiness](#)

**3. You're open to a new experience:** It's easy to tell yourself you're ready for love again, but still shut down any opportunities that come your way. If you've met someone you like without pushing them away, that's your gut telling you you're ready.

**What do you do to heal after a relationship? Start a conversation in the comments below!**

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## **New Celebrity Relationship: Torrey Devitto & 'DWTS' Artem Chigvintsev Are Dating**







By [Stephanie Sacco](#)

Love is in the air for Torrey DeVitto and Artem Chigvintsev. According to [UsMagazine.com](#), they attended the Philosophy Hope & Grace Luncheon for Mental Health Month in L.A., and the [celebrity couple](#) was pretty cozy. DeVitto has had her fair share of [famous relationships](#), including Paul Wesley of *The Vampire Diaries*. Her latest [celebrity relationship](#) with Rick Glassman ended because of distance with their work schedules.

**Let's hope work schedules don't get in the way of this new celebrity relationship! What are some ways to keep busy schedules from hurting your relationship?**

**Cupid's Advice:**

Relationships can be hard to maintain if you don't have the right partner. Busy schedules and distance can cause a rift between the two of you. Cupid is here to help with some [relationship advice](#):

**1. Communication:** Be sure to keep in contact with your partner through phone or internet. There are plenty of ways to communicate now more than ever. Skype and Facetime provide an outlet for long distance relationships.

**Related Link:** [Relationship Advice: Keep Your Relationship Strong When You Share Home and a Workplace](#)

**2. Support:** There are ways to support your partner especially with busy schedules. Attend their show or play that is keeping them so busy, or if it's work related, ask them about their day. Know that they are doing what they love or what they have to do to make ends meet.

**Related Link:** [Relationship Advice: Is Long Distance Worth It?](#)

**3. Make time:** Set aside certain times in the day to spend time together, or take the weekend off to be together. It'll be worth it if they make time for you. Only stick it out if it's balanced.

**Do you know how to keep busy schedules from hurting a relationship? Comment below!**