

Celebrity Break-Up: Brad Pitt & Nicole Poturalski Split After Brief Romance



By Carly Silva

In the latest [celebrity break-up](#) news, Brad Pitt and Nicole Poturalski called it quits on their brief romance. The two exes dated for a little over two months, and their split was made public in late October. According to *EOnline.com*, the exes split several weeks ago and their [celebrity relationship](#) was never very serious.

In celebrity break-up news, Brad Pitt is single once again. What are some ways to heal quickly after a split?

Cupid's Advice:

Healing after a split can be a difficult task, but there are a few helpful tips that can speed up your post-breakup healing process. If you find yourself newly single and you're looking for some ways to heal quickly after a split, Cupid has some advice for you:

1. Cut all contact: A great way to heal quickly after a break-up is to cut all contact as soon as you can. Staying in touch with your ex or following them on social media will only instigate your feelings and prolong your healing process.

Related Link: [Celebrity Divorce: Ant Anstead Says He Lost 23 Pounds Amid Divorce from Christina Anstead](#)

2. Do things you love: Another tip for healing quickly after a split is to do things you love. Practicing your favorite hobbies or starting some new ones will help keep your mind distracted and stop you from overthinking about the break-up. Doing things you love can also help you to focus on the positive things in your life rather than wallowing in sad feelings about your split.

Related Link: [Celebrity Divorce: Bachelorette Stars Ashley Hebert & JP Rosenbaum Split](#)

3. Be kind to yourself: One of the most important things to remember when you are trying to heal after a break-up is to be kind to yourself. After a split, it is extremely easy to blame yourself and let your confidence sink down. Try practicing self-care, eat your favorite foods, exercise, or watch your

favorite TV show to help yourself relax and loved by yourself.

What are some other ways to heal quickly after a split? Start a conversation in the comments down below?