

Celebrity Break-Up: Justin Hartley Isn't Concerned About Ex Chrishell Stause's Drama



By Diana Iscenko

In the latest [celebrity news](#), Justin Hartley reveals he's not letting drama from his divorce from [celebrity ex](#) Chrishell Stause bring him down. Despite the *Selling Sunset* star's claims about their split, Hartley told *ETOnline.com* that he is staying positive: "I'm a happy guy. I sleep like a baby. I don't have anything on my mind... I am a very, very lucky, lucky individual." Hartley filed for divorce from Stause in November 2019 after almost three years of marriage.

In celebrity break-up news, Justin Hartley isn't concerning himself with his ex Chrishell's divorce drama. What are some ways to distance yourself from relationship drama?

Cupid's Advice:

Post-break-up drama can be overwhelming, especially if you're trying to distance yourself from it. If your ex refuses to leave the drama in the past, Cupid has some advice for you:

1. Find your support system: Surround yourself with people you trust. Distance yourself from your ex and other people you're worried might try to bring you down with unnecessary drama. Lean on close friends and family who you trust have your best interests at heart.

Related Link: [Celebrity News: Justin Hartley Brings Daughter to Critics Choice Awards Amid Divorce](#)

2. Be empathetic: Understand other people's thought processes and do your best to forgive them. Your ex may be causing drama after the break-up but think about where they're coming from. Break-ups hurt and this may be your ex's (imperfect) way of handling it.

Related Link: [Celebrity Exes: G-Eazy Had 'Creative Breakthrough' After 'Toxic' Halsey Relationship](#)

3. Look on the bright side: Have a positive outlook on your situation. While things may not be going perfectly, be thankful for the positive people in your life. Be grateful for you and your ex's time together instead of bashing them post-

split.

How do you avoid relationship drama? Start a conversation in the comments below!