

'American Idol' Star Crystal Bowersox Is Engaged



Congratulations are

in order for *American Idol* runner-up Crystal Bowersox. [E! News](#) reports that the folk-pop singer is engaged to fellow musician Brian Walker, with plans to tie the knot next month. Bowersox, 25, broke up with long-time boyfriend and father of her 1-year-old son near the end of her stint on *American Idol*. She used her heartbreak to deliver some emotionally powerful performances, earning her the second place spot after crooner Lee DeWyze won last season. **How can a breakup be a positive thing?**

Cupid's Advice:

It's hard to see the light at the end of the tunnel when you're in the midst of a painful breakup. But Cupid has some ideas on why ending a relationship can actually be good for you:

1. Express yourself: Crystal Bowersox did it, and so can you. Use your heartbreak to make beautiful poetry, music, or art. So many musicians have recorded their biggest and best hits after their hearts were recently broken. It's a great form of therapy, too.

2. Reconnect with friends: You should never go through a breakup alone, so let your friends cheer you up (with the help of lots of ice cream and romantic comedies, of course). Plus, you can make up for all the times you decided to go out with your ex-beau instead of chill with your girls.

3. Start fresh: Splitting from a partner gives you the perfect opportunity to think about what you want (and don't want) in future relationships. Use the time to sort out your priorities and goals.