

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.

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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.

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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!

Celebrity News: Justin Hartley Brings Daughter to Critics Choice Awards Amid Divorce



By [Hope Ankney](#)

In the latest [celebrity news](#), Justin Hartley was spotted bringing his daughter as his plus one to the Critics Choice Awards. According to *UsMagazine.com*, this comes soon after Hartley filed for divorce from Chrishell Stause. He was seen snapping selfies and having a great time with his 15-year-old, Isabella, on the red carpet. An insider stated that the two “looked really happy [and] were having a light conversation.”

In celebrity news, Justin Hartley brought his daughter to an awards show after filing for divorce from Chrishell Stause. What are some ways to lean on family after a break-up?

Cupid's Advice:

A breakup can leave you emotionally spent. It's difficult to not go through some rough patches when a relationship ends, but the support of family can help you heal and move forward. There's almost nothing a family's love can't fix. If you are going through a split, Cupid has some [relationship advice](#) on how to lean on your loved ones during this hard time:

1. Go home: There's something about coming home that soothes all heartbreak and hurt. Being in the presence of family can take you back to beloved nostalgia from your childhood. There's no one who loves you or adores you as much as your family does, and getting lost in that comfort can help you heal after a breakup.

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2. Let them give you tough love: If there's anything your family is good at, it's not sugar-coating anything. If you're looking for clarity or closure, know that one of your loved ones will be more than happy to give it to you straight. Having these conversations with family can help you see why your relationship might have ended and what you need to do to move on.

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3. Have them take your mind off of it: Whether it's attending your nephew's soccer match or getting brunch with your siblings, be open to the idea of being distracted. Giving yourself over to family events/get-togethers can help in keeping your mind off of the breakup. Allow yourself to get lost in their lives for a bit, and you will see how that positively affects your behavior and emotions towards your own lost relationship.

How has family helped you after a breakup? Let us know down below!