

Celebrity News: Lea Michele Cuddles in Bed with BFF Jonathan Groff Post-Split from Matthew Paetz



By [Brooke Crawford](#)

Recent [celebrity news](#) is buzzing about Lea Michele trying to get back to normal after her recent break-up with Matthew Paetz. According to [UsMagazine.com](#), Michele's best friend, Jonathan Groff, has been supportive through many of her rough times. Michele recently took to social media by posting a photo of Groff and herself having a moment filled with smiles and cuddling. Groff has supported Michele in trying to get back to normalcy after the end of her two year long [celebrity relationship](#).

This celebrity news has us thanking our friends for their support. What are some ways to support a good friend through a bad break-up?

Cupid's Advice:

It is never fun watching your friend suffer through the post break-up blues. Keep reading for [relationship advice](#) from Cupid:

1. Create a distraction: After a break-up, most often all we want to do is just mope around in our pajamas. Help your

friend by getting out of the house to attend a fun event. Heading over to the movie theater to watch a newly released thriller can be a great way to take your friend's mind off of a break-up.

Related Link: [Former Celebrity Couple: Khloe Kardashian & James Harden Split](#)

2. Surprise girl's night: A night in with close girlfriends can help ease the pain. Load up on the junk food, sweets, and if need be, a bottle of wine. Center the night around facials, girl talk, and lots of laughs. Your friend will appreciate you for it.

Related Link: [Former Celebrity Couple Ruby Rose & Fiancee Phoebe Dahl Split](#)

3. Be there: Being a friend does not always involve being actively caught up in post break-up activities. Lending a shoulder to cry on or an ear to listen could be all the support your friend needs. Try to remember that their healing process is not on your time schedule. Be present and support however they need.

Breakups are a hard thing to sort through. How have you supported friends through tough times? Comment below.

Celebrity News: Lea Michele Splits from Matthew Paetz After 2 Years of Dating

✖ By Myesha Cobb

Unfortunately, after two years of dating, [celebrity couple Lea Michele](#) and Matthew Paetz have ended their [celebrity relationship](#). The latest [celebrity news](#) was confirmed by [UsMagazine.com](#) and apparently came as a surprise to the 29-year-old actress. “He had enough,” a source said. “She was completely crushed.” But will they ever get back together? The odds aren’t looking good. “He won’t take her back,” the same source mentioned.

This celebrity news is definitely unfortunate. What are some things you can do to reclaim your independence post-split?

Cupid’s Advice:

It breaks your heart when you are completely blindsided by a break-up! You feel like you are at a loss for words and don’t know how you are ever going to recover from it. But don’t worry! Here are some suggestions for how to reclaim your independence during those “after break up blues”:

1. Take some time for yourself: Sometimes not being in a relationship is a good thing! Don’t always think not being in a relationship anymore is the end of the road. There is nothing wrong with taking time out for yourself and not looking for a relationship for a while.

Related Link: [Justin Bieber Says He Isn’t Looking for a Romantic Relationship Right Now](#)

2. Do something to make you feel like “you” again: Reclaiming your independence can make you feel like a brand new person. Do things that you know that only YOU like and that maybe your

past partner wasn't a fan of. You'll be feeling "brand new" and independent in no time!

Related Link: [Paula Patton Says She's a 'Real Woman Now' Post-Split from Celebrity Ex Robin Thicke](#)

3. Date yourself: Yes, you read correctly! Date yourself. Nothing says I'm reclaiming my independence like taking yourself out on dates. Go see a movie or treat yourself to some dinner!

What are some ways that you have reclaimed your independence after a break-up? Share your love advice below!

Hottest Celebrity Couples Celebrating Their First Valentine's Day Together





Cameron Diaz and Benji Madden

This Hollywood couple got real serious, real quick. From their first appearance together in May to their whirlwind wedding in December, Cameron Diaz and Benji Madden are head over heels for one another. Happy Valentine's Day to these newlyweds!

Photo: FAMEFLYNET PICTURES

Lea Michele Posts Loving Instagram Pic with New Boyfriend Matthew Paetz



 By Maggie Manfredi

Lea Michele is sharing her insta love. According to UsMagazine.com, the *Glee* starlet shared her first instagram

pic with current boyfriend Matthew Paetz. Although the picture only reveals their shadows, the caption gives a hint as Michele stated, "To love and be loved is to feel the sun from both sides." She shared multiple pictures on Instagram on Sunday, Oct. 12 in the Los Angeles hills. Fans are still reminded of Lea's on and off screen love with Cory Monteith who died back in July of 2013. But the songstress seems to be happy, healthy, and back in love!

How do you know when you're ready to move on after tragedy?

Cupid's Advice:

Every person deals with pain and grief differently. It can be difficult to know when you are truly ready to move forward, but Cupid has some advice for a wounded heart:

1. Take it slow: When it comes to heartbreak and tragedy together, that combination can lead to destructive behavior because you may feel like you have lost all control. Be cautious and take the time you need to process.

Related: [Ben Affleck Kisses Jennifer Garner in Rare PDA Moment](#)

2. Express yourself: Lea Michele wrote songs, but you could simply write in a diary or something that will help you release your emotions that might be weighing you down.

Related: [Nicholas Hoult Breaks Silence Regarding Ex Jennifer Lawrence's Leaked Nude Photos](#)

3. Be honest: When you do get lucky and find someone new, make sure you are honest and open about your past. The tragedy is in your past but that doesn't mean it won't come into play in the future. Be good to your heart and to your new potential partner by putting it all on the table when it feels right to do so.

Do you think Matthew will pop the question to Lea? Share your

thoughts below!