

Celebrity Break-Ups: Tarek El Moussa Is 'Sad' for Ex Christina Anstead Amid Her Split



 By Carly Silva

In the [latest celebrity news](#), Tarek El Moussa admitted he feels “sad” for his ex-wife Christina Anstead after her recent split from husband, Ant Anstead. According to *UsMagazine.com*, Anstead announced the [celebrity break-up](#) via Instagram, writing that the two are committed to prioritizing their children, and also asked for privacy through the split.

In celebrity break-up news, Tarek El Moussa feels bad for his ex Christina Anstead, who is going through a split. What are some ways to support your friend through a break-up?

Cupid's Advice:

Break-ups can be tough, so it's important to support your friends through them. If you're looking for ways to support your friend through a break-up, Cupid has some advice for you:

1. Get their mind off of it: One of the best things you can do

for a friend going through a break-up is to be there for them and keep their mind distracted. Spend some quality time with your friend and do something fun to keep their mind occupied.

Related Link: [Celebrity Break-Up: Savannah Chrisley Nic Kerdiles Split After Postponing Wedding](#)

2. Let them vent: Sometimes when someone is going through a break-up, it makes them feel better to be able to talk about it. Let your friend vent as much as they want to help them express their feelings in a helpful way.

Related Link: [Celebrity Break-Up: Victoria Fuller Says She & Chris Soules Split Due to Geography](#)

3. Don't forget to check in: It can be easy to support your friend right after a break-up, but it is also important to reach out to them often, even weeks after the break-up. Check in with them consistently to reassure them that you are there for them for the long haul.

What are some ways to support your friend through a break-up? Start a conversation in the comments down below!