

# Celebrity News: Hayden Panettiere Poses with Fiance After Ringless Pics



By [Stephanie Sacco](#)

Hayden Panettiere slams rumors about her missing wedding ring. In [celebrity news](#), there's nothing to see here except a happy family. According to [UsMagazine.com](#), Panettiere posted a photo on Instagram and Twitter to prove it. Beneath their family portrait she tweeted, "Missing rings don't mean the end of relationships." Followed by, "Blessed to be with my beautiful family." Panettiere was treated with postpartum depression after her [celebrity baby](#) was born, but she hasn't shied away from the cameras. Instead she chose to be open and honest about her struggles. She said, "The postpartum depression I

have been experiencing has impacted every aspect of my life” And then, ““Rather than stay stuck due to unhealthy coping mechanisms I have chosen to take time to reflect holistically on my health and life. Wish me luck!” We’re all rooting for you Hayden.

## **This celebrity news has us breathing sighs of relief. What are some ways to squash rumors about your relationship from outside parties?**

### **Cupid’s Advice:**

Even if you aren’t a [celebrity couple](#), rumors can still find you. Everybody’s got something to say when it comes to relationships. Cupid is here to help:

**1. Speak the truth:** It’s your story too so if you have to post a photo or make a statement to prove it, go for it. Speak the truth if false rumors are flying your way. It’s not fair for you to have to just take it lying down especially if it’s false.

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**2. Ignore it:** If it’s getting ridiculous and you feel like everybody’s just making stuff up, ignore the dumb drama. Don’t start a fight when it’s not even worth it. Your true friends will believe you no matter what.

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**3. Stay calm:** Keeping a level head is important when rumors

start popping up. Don't lash out or freak out, but calmly let people know it's none of their business. Eventually it will blow over and somebody else will be in the limelight.

**How do you handle rumors? Comment below!**