

# Celebrity Couple News: Former 'Bachelor' Ben Higgins Is Engaged to Girlfriend Jess Clarke



By [Hope Ankney](#)

In the latest [celebrity couple news](#), former [Bachelor](#) star, Ben Higgins, has proposed to girlfriend Jess Clarke. According to [UsMagazine.com](#), Clarke posted three consecutive photos on her Instagram with the caption, "I woke up in a dream today and I get to live in this dream every day from now on (eeeeep)." The pair had been together for about a year before Higgins popped the question. In January, he told the publication that he planned on proposing to Clark in 2020 saying, "We're great."

It's fun. It's just healthy... I think she would say the same. Our relationship is healthy. I'm a better version of myself, a more free version of myself than I've been in a while."

**In celebrity couple news, coronavirus isn't keeping this couple from moving forward in their relationship. What are some ways to continue to progress your relationship while sheltering in place?**

#### **Cupid's Advice:**

In these times of global isolation, we're spending more time than ever with our family and significant others. Being cooped up in a house with your partner for too long is a recipe for disaster, but there are ways to keep the romance alive! Just because you're inside for a while doesn't mean you still can't progress your relationship in healthy ways. If you're struggling with knowing how to do that, don't worry! Cupid has some [love advice](#) on how to continue growing your love in a confined space:

**1. Home improvements:** This might seem more like work than having fun, but now that you both have more time on your hands, it can be time to finally get that room painted! Or that new garden planted! When you're both spending time with one another while working on something that is important to both of you, it can keep your bond growing. You're being a team, and when the task is finished, you'll feel accomplished with yourself as well as each other.

**Related Link:** [Celebrity News: Ben Higgins Says 'Bachelorette' Hannah Brown's Sex Confessions Are 'Confusing'](#)

**2. Have a picnic:** Just because you're indoors doesn't mean you can't plan fun little dates with your partner! If it's warm enough outside, try going for a picnic in your backyard! Grab some food and drinks from the kitchen (or hit the grocery store if able) and head outside. It might not be the most ideal place, but a picnic is a picnic, and as long as you're both together, it shouldn't matter where it is.

**Related Link:** [Celebrity News: Chris Lane Reveals Quarantine Has Strengthened Relationship with Lauren Bushnell](#)

**3. Movie night:** Another fun date idea is to find a day of the week where you can have a movie night. Curate a playlist of some of your favorite films (or maybe even bad films) to watch alongside your significant other. Make some popcorn, get in your pajamas, and just relax together. Or, if you want to do this more frequently, try out some silly goals like "Let's watch every single movie Nicholas Cage has been in," and choose a new one every night to view. It's fun and kooky, and everything to refresh your relationship!

**How have you been progressing your relationships during this time of isolation? Let us know down below!**