

# Dax Shepard Keeps Fiancee Kristen Bell Laughing



Even on her difficult days, Kristen Bell told [UsMagazine.com](http://UsMagazine.com) that the one thing keeping her calm is her fiancée Dax Shepard. “He constantly keeps me laughing: when I’m sad, mad, frustrated, annoyed. Regardless of what it is he can lighten the mood. He’ll do anything that the mood requires,” the *Scream 4* actress said. Bell added that Shepard, who’s appeared in *Idiocracy*, *Without a Paddle* and *Employee of the Month*, keeps her “smothered” with his comedy. “Even if it’s me being frustrated, he’ll make a joke about me and it’ll be so genuinely funny that I have to laugh.”

**How do you deal with your partner’s bad days?**

**Cupid’s Advice:**

Bad days come and go whenever you’re in a relationship. Cupid

has a few suggestions on how to handle those tough days:

**1. Snuggle time:** For a stressed out person, sometimes a little bit of close intimacy such as cuddling, even for just ten minutes, can make a huge difference.

**2. Dinner's on me:** Cooking a nice meal for your lover can help show them how much they mean to you. Plus, good comfort food is sure to bring satisfied smile to his or her face!

**3. Space out:** Sometimes, instead of smothering with them attention and trying to cheer them up, people need to be alone to sort out their issues. Do what you can to respect your partner's desires.

**How do you help your significant other on bad days? Leave a comment below.**