

# Celebrity News: DeAnna Pappas Hints At Clare Crawley's Relationship Status with Dale Moss



By Carly Silva

In the [latest celebrity news](#), DeAnna Pappas hinted at Clare Crawley and Dale Moss' relationship status when she appeared on the "Almost Famous" podcast earlier this month. According to *UsMagazine*, the [reality TV star](#) confirmed that *Bachelorette* Clare Crawley is apparently still smitten with Dale Moss, one of the contestants on Crawley's season of the *Bachelorette*.

# In celebrity news, DeAnna Pappas referred to Clare's relationship status multiple times in a recent podcast episode. What are some ways to keep outside chatter about your relationship from affecting you?

## Cupid's Advice

When gossip and rumors are circulating about your relationship, they can put a major damper on the excitement of being in love. If you're looking for ways to keep outside chatter about your relationship from affecting you, Cupid has some advice for you:

**1. Address it:** The most direct way to handle gossip regarding your relationship is to address it directly. This may mean confronting those spreading rumors in person, or even acknowledging haters online. While this may be an intense way of stopping the noise surrounding your relationship, it will definitely make it clear that you want the chatter to stop.

**Related Link:** [Celebrity News: Bachelorette Clare Crawley Spotted Wearing Diamond Ring](#)

**2. Go private:** Another way to avoid letting the negative rumors about your relationship affect you is to make your relationship less public. It will be extremely difficult for people to comment on and critique your relationship if they don't know anything about it. Try to limit how much you express your relationship on social media and start to enjoy your time with just your partner.

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## Relationship

**3. Switch your focus:** The best way to stop chatter surrounding your relationship from affecting you is to switch your focus to what really matters. Instead of listening or responding to the rumors and gossip, try focusing on your partner and your relationship instead. Don't spend your time caught up in what other people are thinking, and channel that effort towards nurturing your relationship.

What are some other ways to keep outside chatter about your relationship from affecting you? Start a conversation in the comments down below!

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# Celebrity News: Former 'Bachelor' Colton Underwood Says Cassie Randolph Dropped Restraining Order





By Carly Silva

In the [latest celebrity news](#), Colton Underwood addressed his status with ex Cassie Randolph after their messy break-up earlier this year. In September, Randolph filed a restraining order against Underwood, citing domestic violence prevention in the request, and accusing the [reality TV star](#) of stalking and harassment. According to *UsMagazine.com*, Underwood confirmed that Randolph has dropped the restraining order, and the two have since reached a private agreement.

**In celebrity news, things have been anything but civil between Colton and Cassie, but it seems they've come to a civil agreement. What do you do if you feel unsafe around your ex after a break-up?**

## **Cupid's Advice:**

Sometimes break-ups can get seriously intense. If you feel unsafe around your ex after a break-up, Cupid has some advice for you:

**1. Let them know:** The first step you can take when you feel unsafe around your ex is to let them know. They may not realize they are making you feel that way. If you aren't comfortable speaking to them, you can have a mutual friend or a family member reach out for you and let them know how it is making you feel unsafe.

**Related Link:** [Celebrity Break-Up: Christina Anstead Talks About Choosing Peace Over Drama After Split](#)

**2. Cut off communication:** If you feel that circumstances with you ex have become even more intense, or if you are extremely uncomfortable around your ex, cutting off communication may be a good idea. Be sure not to communicate through social media, as it can only add fuel to the fire.

**Related Link:** [Celebrity Break-Ups: Former Bachelor Colton Underwood Cassie Randolph Restraining Order Court Hearing Set for October](#)

**3. Take action:** If you believe that your ex may even be dangerous, it may be necessary for you to take legal action. Filing a restraining order or police report, or even just letting your family and friends know, can help to protect you. Take whatever safety measures you need to take to ensure that you feel safe and comfortable after your break-up.

**What are some other things you can do if you feel unsafe around your ex after a break-up? Start a conversation in the comments down below!**



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# Celebrity Vacation: Maren Morris Celebrates Ryan Hurd's Birthday with Romantic Getaway



By Carly Silva

In the [latest celebrity news](#), Maren Morris celebrated Ryan Hurd's birthday with a romantic getaway to the Tennessee mountains this weekend. According to *UsMagazine.com*, this [celebrity couple](#) has been going strong together since 2017.

# **This celebrity vacation was a celebration! What are some ways to make your partner's birthday special?**

## **Cupid's Advice:**

Finding new ideas to make your partner's birthday special can be difficult, especially if you've been together for a long time. If you're looking for some ways to make your partner's birthday extra special this year, Cupid has some advice for you:

**1. Get them something sentimental:** A great way to make a birthday feel special for your partner is to get them something meaningful as a gift. Thinking of sentimental and thoughtful gifts to give, like a handmade card, a handwritten poem, or a scrapbook of some sort will let your partner know how much you care, and can make their birthday feel even more special.

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**2. Surprise them with an experience:** If you are trying to find an extravagant gift for a partner's birthday, surprising them with an experience is a great way to go. Whether it is tickets to a game or show, a day of adventure planned, or a vacation getaway, there are plenty of events that you can surprise your partner with to make their day extra exciting. You can even make the surprise as simple or extravagant as you want.

**Related Link:** [Celebrity Couple News: Jacob Elordi & Kaia Gerber Confirm Relationship With a Kiss](#)

**3. Do the little things:** If you want your partner's day to be

super special, but you aren't planning on doing something huge and extravagant, there are also ways to make their birthday special by doing the little things. Cooking your partner breakfast, bringing them coffee at work, setting up a candlelit dinner, or any other small effort can make their birthday extra special without costing a lot of money.

**What are some other ways to make your partner's birthday special? Start a conversation in the comments down below!**

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## **Celebrity Break-Up: Julianne Hough Files for Divorce from Brooks Laich 5 Months After Split**







By Carly Silva

In the latest [celebrity break-up](#) news, Julianne Hough has officially filed for divorce from [celebrity ex](#) Brooks Laich. According to *UsMagazine.com*, the pair, who tied the knot in 2017, announced their split five months before officially filing for divorce earlier this week.

**In celebrity break-up news, it's officially over between Julianne Hough and Brooks Laich. How do you know when your relationship is irreparable?**

**Cupid's Advice:**

Trying to salvage a relationship can be tricky, so it's important to know when to call it quits. If you're looking for signs that your relationship is irreparable, Cupid has some

advice for you:

**1. You've already tried everything:** If you're trying to decide if your relationship is able to be fixed, it's important to assess what you've already tried. If you and your partner have tried to fix things for quite a long time, or even tried therapy, and you find yourself exhausted because things still aren't working, it may be time to call it quits.

**Related Link:** [Celebrity Divorce: Ant Anstead Says He Lost 23 Pounds Amid Divorce from Christina Anstead](#)

**2. Your relationship has become harmful to one or both of you:** Another sign that may help you know that your relationship is irreparable is if you find the relationship to be doing more harm than good to one or both of you. Once your relationship makes you and your partner unhappy often or has caused damage or harm to you, that is definitely a major sign that it may not be salvageable anymore.

**Related Link:** [Celebrity Break-Ups: Lenny Kravitz Blew It During First Meeting with Ex Lisa Bonet](#)

**3. You no longer trust each other:** Another sign of an unfixable relationship is a lack of trust. Continuing in a relationship without trusting your partner will only cause more problems down the road, so if you have tried everything to rebuild trust, and you still can't rely on each other, your relationship may not be repairable at that point.

**What are some other ways to tell that your relationship is irreparable? Start a conversation in the comments down below!**

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# Fashion Tips: 6 Fun Quarantine Halloween Costume Ideas



By Carly Silva

The COVID-19 pandemic has affected the entire world in hundreds of ways, and the Halloween holiday is no exception. Dressing up for Halloween this year may be a bit more complicated, but there are dozens of quarantine-themed costume ideas to try out this year!

**If you're looking for some spooky**

## and festive [fashion tips](#), check out these six fun quarantine-themed costume ideas for Halloween:

**1. Tiger King:** Tiger King was one of the most popular shows during quarantine, so it makes for a perfect costume that anyone can recognize. Tiger King costumes are available online, but any tiger print top and cowboy hat should work!

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**2. A zoom call participant:** If you're looking for a costume that is easy to assemble and doesn't require any additional purchases, dressing as a zoom call participant is a great and clever way to dress up this year. All you need to do is wear a fancy top, a blouse, or a button down, and pair it with silly pajama bottoms or sweatpants. You can even carry your computer around with you for a prop, too!

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**3. A first responder:** This costume is the perfect idea if you're looking for a costume that will incorporate a mask as part of the outfit. You can wear any surgical mask for this costume, and maintain your safety the entire Halloween night!

**4. A couch potato:** This is another easily achieved costume that will make everyone laugh. You can go all out and purchase an actual potato costume, or even dress up in your favorite pajamas or sweats. You can also carry around a bag of snacks and a TV remote as props so everyone knows exactly what you're supposed to be!

**5. An Amazon box:** This costume is a great DIY project that also sticks to the quarantine theme. You can make an entire costume out of old Amazon boxes, or you can even wear a big box around your waist. If you only have a few boxes, you can

even tear up the cardboard and assemble it on your outfit however way you like. This is an inexpensive option that will make everyone laugh!

**6. A post-office employee:** Another costume very relevant to the 2020 quarantine is a post office employee. There are tons of costumes available on line, or you can even make your own with a polo and khaki pants, and even a homemade name tag!

**What are some other fun quarantine Halloween costume ideas? Start a conversation in the comments down below!**

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## **Celebrity Break-Up: Brad Pitt & Nicole Poturalski Split After Brief Romance**







By Carly Silva

In the latest [celebrity break-up](#) news, Brad Pitt and Nicole Poturalski called it quits on their brief romance. The two exes dated for a little over two months, and their split was made public in late October. According to *EOnline.com*, the exes split several weeks ago and their [celebrity relationship](#) was never very serious.

**In celebrity break-up news, Brad Pitt is single once again. What are some ways to heal quickly after a split?**

**Cupid's Advice:**

Healing after a split can be a difficult task, but there are a few helpful tips that can speed up your post-breakup healing process. If you find yourself newly single and you're looking for some ways to heal quickly after a split, Cupid has some

advice for you:

**1. Cut all contact:** A great way to heal quickly after a break-up is to cut all contact as soon as you can. Staying in touch with your ex or following them on social media will only instigate your feelings and prolongue your healing process.

**Related Link:** [Celebrity Divorce: Ant Anstead Says He Lost 23 Pounds Amid Divorce from Christina Anstead](#)

**2. Do things you love:** Another tip for healing quickly after a split is to do things you love. Practicing your favorite hobbies or starting some new ones will help keep your mind distracted and stop you from overthinking about the break-up. Doing things you love can also help you to focus on the positive things in your life rather than wallowing in sad feelings about your split.

**Related Link:** [Celebrity Divorce: Bachelorette Stars Ashley Hebert & JP Rosenbaum Split](#)

**3. Be kind to yourself:** One of the most important things to remember when you are trying to heal after a break-up is to be kind to yourself. After a split, it is extremely easy to blame yourself and let your confidence sink down. Try practicing self-care, eat your favorite foods, exercise, or watch your favorite TV show to help yourself relax and loved by yourself.

**What are some other ways to heal quickly after a split? Start a conversation in the comments down below?**

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**Celebrity Divorce: Ant**

# Anstead Says He Lost 23 Pounds Amid Divorce from Christina Anstead



By Carly Silva

In the [latest celebrity news](#), Ant Anstead got candid in his Instagram comments regarding his apparent weight loss. The British TV star, who is currently going through a [celebrity divorce](#) from Christina Anstead, posted a photo at work, and fans quickly noticed his significant weight loss. According to *EOnline.com*, Anstead responded to comments about his weight loss, admitting to losing 23 pounds, but assuring fans that he will gain it back soon.

# This celebrity divorce had both an emotional and physical effect on Ant Anstead. What are some ways to be kind to your body amid a break-up?

## Cupid's Advice:

Going through a break-up can have a serious effect on both your mental and physical health, making self-care super important. If you're looking for ways to be kind to your body amid a break-up, Cupid has some advice for you:

**1. Stay active:** One way to take care of your body when going through a break-up is to stay active. Getting up and keeping your body moving will not only keep you healthy, but it is also a great way to de-stress and keep your mind busy. Staying in shape is also a great way to keep your body health and stay confident in yourself, even after a tough break-up.

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**2. Be kind to your mind:** Another way to be good to your body during a break-up, is to also show kindness to your mind. Practicing time for mindfulness, showing yourself extra self-compassion and self-love, and even getting a better night's rest will help you to be more relaxed and make your body feel good. Meditation is a great tactic to practice, especially if you're still thinking about your break-up, meditation will keep both your mind and body peaceful.

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**3. Treat yourself:** While it is definitely important to stay

active and fit, it's also a great idea to show yourself some love. Treating yourself, whether it is a bubble bath, a face mask, or eating your favorite snacks can help remind you of your favorite things and keep your body feeling cared for and fulfilled. Try to do things that will stop you from thinking about your ex, and instead allow you to focus on what you want and what will make your body happy.

**What are some other ways to be kind to your body amid a break-up? Start a conversation in the comments down below!**

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## **Celebrity News: 'RHOC' Alum Vicki Gunvalson Shoots Down Split Rumors**







By Carly Silva

In the [latest celebrity news](#), Vicki Gunvalson addressed rumors alleging a split from fiancé Steve Lodge. Fans were circulating rumors of a break-up after noticing that the couple hadn't posted any photos together in a while. According to *UsMagazine.com*, the [reality TV star](#) denied all validity to the split rumors, stating that she and Lodge prefer to live a more private life. She also confirmed that the two are in fact still together and engaged.

**In celebrity news, it turns out Vicki and Steve are still very much together. What do you do if friends and family are against your relationship?**

**Cupid's Advice:**

Gaining support of your relationship from friends and family can be extremely important for a lot of couples. What do you do if your friends and family don't approve of your relationship? If your friends and family are against your relationship, Cupid has some advice for you:

**1. Figure out why:** If you're dealing with family or friends who aren't supportive of your relationship, first try to understand why. Chances are that your loved ones are trying to protect you, so try to understand their opinion. If they are unsupportive for valid reasons, like if your partner doesn't treat you properly, it may be understandable for them to not support the relationship. But, if they are unsupportive for reasons that you do not agree with, you may try to warm them up to your significant other.

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**2. Don't forget to talk about the good things:** One reason that friends and family can become unsupportive of a relationship is if they constantly hear negative things about them. If you vent or complain to your loved ones about fights or things your partner does, your friends and family be getting the impression that your relationship is overall more negative than positive. Don't forget to tell them about the positive sides of your relationship and the good things about your partner, so that they realize the relationship still makes you happy.

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**3. Give it time:** If your family and friends are unsupportive of your relationship, don't panic. They may be weary and skeptical at first, especially if your relationship is new. Make sure you give them time to warm up. Try arranging gatherings so that your partner can spend quality time with

your family and friends. This may help them to see the greatness in your partner that you see.

What are some other things you can do if your friends and family are against your relationship? Start a conversation in the comments down below!

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## 5 TikTok Fashion Trends to Follow



By Carly Silva

After the nation was thrust into several months of staying at

home and quarantining, TikTok quickly became one of the biggest platforms of 2020. Influencers and content creators are always sporting the newest looks and fashion trends that have blown up all over the app, and some of those looks are pretty simple to achieve.

## Keep reading to check out five of the most popular TikTok [fashion trends](#) to follow right now!

**1. Crop tops:** This goes without saying, but crop tops are a staple for TikTok fashion. Most users wear crop tops with high-rise pants as well, but anything goes. A lot of users will even tuck longer shirts into sports bras for a cropped effect. This is a great trend to follow if you want to show off your belly and hips!

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**2. Bike shorts:** Bike shorts have always been around, but TikTok has turned them into an edgy must-have fashion piece. Most users will sport bike shorts along with a crop top for a comfy athletic look, while some pair them with a baggy tee or oversized sweatshirt for a more cozy look. Either way, bike shorts are the perfect trend to follow if you love a casual but trendy look!

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**3. Tie dye sets:** Tie dye has also gained a lot of traction this year with TikTok, especially matching tie dye sets. A lot of users will wear a tie dye crop top or tank top with matching tie dye shorts or pants, and some will wear full-on tie dye sweat suits. These are a perfect look to add to your closet this year, as tie dye matching sets make for a cute and

comfy look that is perfect for staying at home!

**4. High-rise everything:** Another TikTok trend this year is wearing super high-rise pants. The high-rise style has gone beyond just jeans and denim, and now, users everywhere are constantly posting videos wearing high-rise leggings, sweatpants, and all types of pants. High-rise is a great option for covering up your lower stomach, and it pairs well with cropped shirts, too!

**5. Baggy graphic tees:** Baggy graphic tees have become an edgy fashion look through TikTok this year as well. Many users will wear baggy tees with logos, phrases, or even band names on them for a comfy but edgy look. Some possible bottom options for baggy tees are ripped jeans, leggings, and stylish sweatpants.

**What are some other TikTok fashion trends you love? Start a conversation in the comments down below!**

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## **Celebrity Break-Up: Christina Anstead Talks About Choosing Peace Over Drama After Split**







By Carly Silva

In the [latest celebrity news](#), Christina Anstead chose to take the peaceful route after her [celebrity break-up](#) from Ant Anstead. According to *UsMagazine.com*, Christina took to Instagram to announce that she is choosing peace after the turbulent journey of her divorce from Ant.

**In celebrity break-up news, Christina Anstead chose to take the peaceful route after her break-up from Ant Anstead. What are some ways to keep your split civil and peaceful?**

**Cupid's Advice:**

After a break-up, it's easy to get wrapped up in the drama of an intense split, but sometimes, taking the high road will

make things a lot easier. If you're looking for ways to keep your split civil and peaceful, Cupid has some advice for you:

**1. Make a conscious choice:** If you want your break-up to remain civil and peaceful, the first thing to do is make a conscious choice to do so. Make the decision to be peaceful and stick to it. This intentional effort will make it easier to stay peaceful as you deal with the aftermath of a split.

**Related Link:** [Celebrity Break-Ups: Lenny Kravitz Blew It During First Meeting with Ex Lisa Bonet](#)

**2. Stay off social media:** One of the worst things you can do after a break-up is bring it to social media. Posting about your ex or your break-up only adds more chaos and drama to the situation. Try to stay off of social media after your split to avoid the temptation of getting wrapped up in the drama of your break-up.

**Related Link:** [Celebrity Break-Up: Ant Anstead Asks Fans to Stop Trying to Diagnose Split from Ex Christina](#)

**3. Focus on other things:** The best way to stop yourself from getting caught up in the drama of your split is to take yourself away from any tempting situations. Instead of thinking about or talking to your ex, try focusing on things in your life that you love or that bring you joy. This can help distract your mind and help you achieve peace instead of constantly being upset over the break-up.

**What are some other ways to keep your split civil and peaceful? Start a conversation in the comments down below!**

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# Fitness Tips: 5 Yoga Poses for Stress Relief



By Carly Silva

Doing yoga is a great way to stay active and get in touch with your body. But, it isn't just great for physical health; it also does wonders for your mind and mental health. There are tons of yoga poses that will help you focus on mindfulness and breathing just as much as physical fitness.

**If you're in need of some new [fitness tips](#) that will help both**

# your body and mind balanced, check out these five yoga poses for stress relief:

**1. Child's pose:** Child's pose is one of the most popular poses in yoga, and it is great to help you calm down and relax. To do this pose, start by sitting on your knees. Put your big toes together and knees as far apart as you would like, then stretch your arms all the way out in front of your and let your forehead touch the ground. This pose is great to do in the middle of an intense practice, or just throughout the day when you need to check in with yourself.

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**2. Forward fold:** Foreword folds are great to incorporate into any routine. Not only does a forward fold stretch your back or your legs, but it's also very balancing and calming. You can do a foreword fold sitting with your legs out in front of you, or standing with knees bent. Fold your entire torso as far down as you can go, and let your head be super heavy. This is a great passive pose, meaning that instead of straining and using muscles, you will be more focused on releasing the tension in your body and mind.

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**3. Bridge pose:** This pose is another one that is great for releasing all of the tension and chaos going on in your body and in your mind. To do this pose, lay on your back with your legs bent and feet on the floor. Slowly squeeze your gluts to bring your pelvis up as far as you can go, but don't tense up in your arms or neck. Keeping that calmness in your upper body will feel super restorative, especially if you stay in this

pose for a few minutes.

**4. Legs up the wall:** Legs up the wall, which is done exactly how it sounds, consists of laying down on your back, and letting your legs rest completely straight up against a wall. This pose is great, especially for anyone with an anxious or restless mind, as it forces your body to de-stress and calm down.

**5. Corpse pose:** Corpse pose is probably the easiest pose here, and it mostly consists of just laying down flat on your back with your arms out on either side. It can seem simple, but allowing yourself the time to lay in this position without having to worry about other tasks or responsibility is a great way to give your mind a break and reset for the day. Corpse pose is great to do at the end of a yoga practice, in the middle of the day, or right before bed as a cool-down exercise.

**What are some other yoga poses you love? Start a conversation in the comments down below!**

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**Royal Celebrity News: Prince William Disagreed With the Palace's Misleading Comments about Meghan Markle's Labor and Birth**





By Carly Silva

In royal [celebrity news](#), Prince William disagreed with misleading comments regarding Meghan Markle's labor and birth of [celebrity baby](#), Archie. The Duke and Duchess of Sussex welcomed their firstborn baby into the world in 2019, but it wasn't until eight hours after Archie was born that the royal family announced that Meghan was going into labor. According to *UsMagazine.com*, Prince William did not approve of this misleading statement, and in turn, waited a full eight days to meet his nephew.

**In royal celebrity news, Prince William isn't a fan of purposely**

# **misleading comments for the public. What are some ways to deal with a partner you've caught being dishonest?**

## **Cupid's Advice:**

Dealing with a partner who has been dishonest can be extremely tricky, but it doesn't have to mean that all hope is lost. If you're in need of some ways to deal with a partner who you have caught being dishonest, Cupid has some advice for you:

**1. Talk honestly with them:** When someone is dishonest, it can be extremely hard to accept or move on from. Try talking honestly with your partner, as it may help you understand why they lied in the first place. Having open conversations with each other will allow you to both to maintain an honest relationship together.

**Related Link:** [Royal Celebrity Couple Prince Harry & Meghan Markle Take Aim At Online Negativity](#)

**2. Make sure it won't happen again:** While it's important to understand where your partner was coming from, you also want to make it known that it can't happen again. Make sure your partner knows that dishonesty isn't going to work in your relationship, and try to set up rules and boundaries so it doesn't happen again in the future.

**Related Link:** [Royal Celebrity Couple Prince Harry & Meghan Markle Step Out in Matching Masks in Beverly Hills](#)

**3. Decide if you're going to forgive them:** While it can often be difficult to trust your partner after they've been dishonest, always trust your gut. If you genuinely believe that your partner is open with you, but makes mistakes

sometimes, then it's okay to forgive. If lying is a consistent habit of your partner's, then it may be time to reevaluate the trust you have between each other.

**What are some other ways to deal with a partner you've caught being dishonest? Start a conversation in the comments down below!**

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## Food Tips: 5 Healthy Lunch Options



By Carly Silva

Eating a healthy lunch isn't always easy, especially if you find yourself to be extremely busy during the day. Sometimes, it seems easier to reach for something unhealthy and quick, or resort to getting takeout for lunch, but there are plenty of fun lunch recipe options that are quick, easy to prepare, and healthy!

## **If you're in need of some [food tips](#) for a clean mid-day meal, here are five healthy and tasty lunch options.**

**1. Taco salad:** A taco salad is a great idea for a tasty and filling lunch during the day, and it can be as simple as you'd like. All you need is ground turkey with brown rice, or even cauliflower rice to keep it super healthy. Top it off with shredded lettuce, tomatoes, black beans, and corn to get some veggies in and stay full throughout the rest of the day!

**Related Link:** [Food Trend: The Next Big Fruits & Vegetables Trends](#)

**2. Turkey roll-up bistro box:** A bistro box is a super easy lunch to make, especially if you don't have the time to cook or prep meals. All you need to do for this bistro box is roll up slices of turkey, with cheese if preferred, and stick a toothpick through them to keep them together. For the rest of the box, you can add other filling and health snacks like veggies, nuts, or cheese cubes. These bistro boxes are not only quick to assemble, but they're also super easy to transport if you're bringing it to work.

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**3. Veggie pasta salad:** If you find yourself needing some carbs throughout the day to keep yourself fueled, pasta salad is a

great option, especially if you make it healthy. Start by using whole wheat or chickpea pasta, then add in some healthy veggies and toppings. Some great toppings are cucumbers, tomatoes, olives, and cheese. Feta and mozzarella cheese are perfect for this recipe, and you can always top it off with a light dressing if you need more flavor!

**4. Turkey burger:** Turkey burgers are a great healthy twist on the classic burger for lunch. Try eating a turkey burger on a lettuce wrap to make for a super healthy burger. You can also cut up the turkey burger and eat it over rice or in a salad as well.

**5. Stuffed avocados:** These stuffed avocados are a great way to get yourself full without indulging in unhealthy foods. To stuff an avocado, fill each half with the protein of your choice: turkey, tuna fish, or even beans. Then, top them with a little bit of your favorite cheese and put them in the oven to bake!

**What are some other healthy lunch options? Start a conversation in the comments down below!**

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# **New Celebrity Couple: Sofia Richie Is Dating Matthew Morton After Scott Disick Split**





By Carly Silva

In the latest [celebrity couple](#) news, Sofia Richie has been spotted moving on with Matthew Norton after her recent split from [reality TV star](#) Scott Disick. According to *UsMagazine.com*, the two were spotted at Nobu restaurant in Malibu last weekend, and sources confirmed that the two are definitely seeing each other.

**In new celebrity couple news, it looks like Sofia and Scott have really moved on this time around. How do you know you're ready for a**

# new relationship after a split?

## Cupid's Advice:

Starting a new relationship after a split can be a difficult journey, especially if you're not sure if you're ready. If you're looking for ways to tell that you're ready for a new relationship after a split, Cupid has some advice for you:

**1. You're doing it for the right reasons:** If you are completely over your ex, it may be a time to start a new relationship. But, if you are dating because you are jealous of their new partner, or if you are trying to make them jealous, then you may not be ready for a relationship just yet. Give yourself some time to heal from the split before you start dating to make sure your intentions are healthy.

**Related Link:** [Celebrity Break-Up: Sofia Richie Unfollows Scott Disick Amid Bella Banos Dating Rumors](#)

**2. You've learned more about yourself:** A great way to tell if you are ready for a new relationship is to evaluate what you have learned. If you feel that you have grown and learned from your last relationship, you may be ready to move on and start a new one. If you're still feeling lost and heartbroken, then take some more time to heal and grow before starting something new.

**Related Link:** [Celebrity News: Kylie Jenner & Travis Scott Spark Romance Rumors After Steamy Shoot](#)

**3. You're completely over your ex:** When you're starting a new relationship after a split, you definitely want to make sure that you're completely over your ex. If you find yourself thinking about them or wanting to talk about them, then you may need more time to process the break-up, but if you are completely moved on and done thinking about them, you may be ready for a new relationship.

What are some other ways to tell you're ready for a new relationship after a split? Start a conversation in the comments down below!

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## Celebrity News: 'Bachelorette' Clare Crawley Spotted Wearing Diamond Ring



By Carly Silva

In the [latest celebrity news](#), the newest [reality TV star](#) Clare Crowley was spotted wearing what appeared to be a diamond

engagement ring on Monday. The season 16 *Bachelorette* was photographed in her hometown of Sacramento, California, where fans pointed out the shiny rock on her finger. According to *UsMagazine.com*, Crowley later posted an Instagram, sharing that the ring on her finger is one she bought for herself.

**In this celebrity news, Clare Crawley was spotted wearing a diamond ring, leading people to think she's engaged. What are some ways to surprise family and friends with news of your engagement?**

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

Sharing the news of a new engagement can be super exciting news to share with your friends and family, especially if it's a surprise. If you're looking for ways to announce your engagement that will surprise all of your loved ones, Cupid has some advice for you:

**1. Do a photoshoot:** A great and classic way to spread the news of your engagement is to do a photoshoot with your fiancé. If you want the photos to reveal the surprise, try posing in ways that make the engagement ring noticeable. You can send out the photos as postcards to announce the news, or show it to your family members in person to watch their reactions when they spot the ring!

**Related Link:** [Celebrity Divorce: Bachelorette Stars Ashley Hebert & JP Rosenbaum Split](#)

**2. Make a video:** Another great way to announce your engagement is to make a video. This will work great if you want it to be

a big surprise for your loved ones. You can send a video of your announcement, post it online, or gather all of your friends and family together to show the video in person.

**Related Link:** [Celebrity News: Bachelorette Alum Tyler Cameron Says He and Hannah Brown Have Struggled to Figure Out Relationship](#)

**3. Show off the ring:** Another simple way to announce your engagement is to do so with the ring. Wear the ring to an event with friends and family, and see who notices it! You can even drop hints throughout the day to give them a clue. This will be a great to announce your engagement while everyone is gathered and can celebrate altogether.

What are some other ways to surprise family and friends with news of your engagement? Start a conversation in the comments down below!

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## Beauty Trends: 5 Ways to Make Your Eyes Pop







By Carly Silva

Now that the COVID-19 pandemic has a lot of us wearing masks, it is a little more difficult to accomplish a full-faced beautiful makeup look. Since the eyes are really the only part of your face that people can see, adding an extra pop to your eye makeup is a great way to still sport a fun makeup look from underneath your mask.

**If you're in need of some [beauty tips](#) on making your eyes pop, here are five ideas that will draw extra attention to your eyes:**

**1. Add a sparkle:** One of the easiest ways to draw some special attention to your eyes is to add sparkle. You can use a glittery eyeshadow or add extra glitter on top of your preferred eyeshadow. Sparkly cream and liquid shadows are also super easy ways to add shimmer to your lids as well. You can

even use a highlighter on your eyelids or in the inner corner of your eye to give them a little extra sparkle without having to buy a new glitter shadow!

**Related Link:** [Fun Fall Beauty Tips](#)

**2. Curl your lashes:** This step might seem simple, but it makes an incredible difference. Curling your lashes makes your eyes look bigger and brighter, and it also helps your mascara to pop more. Lash curlers are a simple way to make your lashes look extra long and your eyes stand out even more!

**Related Link:** [Beauty Tips: How to Combat Maskne](#)

**3. Use an eyeshadow primer:** Another simple way to make your eyes pop, especially when wearing eyeshadow, is to use a primer. Adding a primer underneath eyeshadow will not only help the product stick for long wear, but it will also help the colors of your shadow appear brighter and more pigmented. This is a great way to help your eyes get that extra boost of color they need!

**4. Fill in your brows:** If you are looking for a way to make your eyes pop without having to add crazy colors or glitter, focusing on the brows is a great option. Adding extra color and depth to your brows is the perfect way to draw attention to this part of your face. You can use any type of filler: pencil, gel, crayon, or even a dark eyeshadow.

**5. Add in a liner:** Another great tip that will really make your eyes stand out is adding eyeliner. Eyeliner, whether on the top or the bottom, is great for defining the eyes and making them more noticeable than usual. You can even use a bright colored or sparkly liner to add a little extra pop.

**What are some other tips for making your eyes pop? Start a conversation in the comments down below!**

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# Celebrity Divorce: 'Bachelorette' Stars Ashley Hebert & JP Rosenbaum Split



By Carly Silva

In the latest [celebrity divorce](#) news, *Bachelorette* alums Ashley Hebert and JP Rosenbaum have decided to end their marriage. The two [reality TV stars](#) have been married for nearly eight years, after getting engaged on the ABC show in 2011, and they share two children together. According to *UsMagazine.com*, they both posted the announcement on their Instagram accounts, explaining their decision and asking fans

for privacy.

## **In celebrity divorce news, these *Bachelorette* stars are calling it quits after months of separation. What are some ways to know your relationship is unfixable?**

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

Ending a relationship, especially a marriage can be a tough decision to make. It's difficult to know if you should keep trying to work on it, or if it is time to call it quits. If you're having trouble in a relationship and need some signs that your relationship is unfixable, Cupid has some advice for you:

**1. You don't trust each other anymore:** One of the most difficult issues to resolve in a relationship is a lack of trust. Although trust and loyalty can be regained sometimes, once they are lost over and over again, it becomes even more difficult to replace. If you and your partner have tried regaining trust, and it is just not working, it may be a sign of irreversible damage.

**Related Link:** [Celebrity Break-Up: Find Out More About Demi Lovato & Max Ehrich Messy Split](#)

**2. You make each other unhappy more than you make each other happy:** Another tell-tale sign of an unfixable relationship is unhappiness. If you and your partner usually make each other unhappy or upset more often than you make each other happy, this may be a sign that the good parts of the relationship are long gone. Although you can try things to fix this problem, if negative feelings and unhappiness are persistent in your

relationship, it may be difficult to change that.

**Related Link:** [Celebrity Break-Up: Sofia Richie Unfollows Scott Disick Amid Bella Banos Dating Rumors](#)

**3. You've tried everything:** The most telling sign that your relationship is unfixable is when you both feel a sense of exhaustion because you have tried everything, and nothing has worked. Before giving up on the relationship, make sure you have tried every possible solution to work through your problems. Once you have tried everything without seeing progress, it may be time to call it quits.

**What are some other ways to know your relationship is unfixable? Start a conversation in the comments down below!**

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## Parenting Trend: 6 Baby Gender Reveal Ideas







By Carly Silva

Baby gender reveal celebrations are on the rise as one of the newest parenting trends. These blue and pink announcements, which evolved from the opening of an envelope, have now transformed into entire themed parties and celebrations. A gender reveal party is a great way to add some excitement to your gender announcement, and involve your family and friends while you do it.

**If you're looking to join in on the newest [parenting trend](#), check out these six baby gender reveal ideas:**

**1. Cupcakes:** This is a super simple way to reveal your baby's gender if you are looking for something more lowkey. For this idea, you can make cupcakes with surprise colored filling, or have a baking company or trustworthy friend do it if you want to be surprised yourself. These are great for more intimate parties or small gatherings with just close friends and

family.

**Related Link:** [Parenting Tips: Combating Parental Burnout During the Pandemic](#)

**2. Smoke bomb:** This idea is great if you have a bigger party, or want to really make a statement with your gender reveal celebration. Have someone at the party release the smoke bomb, and watch the air get filled with blue or pink smoke! Be sure to do this one in an outdoor space!

**Related Link:** [Parenting Tips: How to Safely Adapt to Online Learning](#)

**3. Confetti cannon:** Confetti cannons are the perfect way to reveal your baby's gender if you want everyone at the party to be involved. You can give each guest a confetti cannon, and have everyone set them off at the same time. This option is fun for kids especially, and makes for a great photo once the confetti fills the air!

**4. Balloon pop:** This is another great way to reveal your baby's gender with a little bit of excitement, and it can be done in multiple ways. You can get one big balloon filled with confetti, and pop it that way, or you can make a game out of it, and have a bunch of little balloons, with one holding the blue or pink confetti.

**5. Golf ball:** The golf ball gender reveal is a great idea, especially if you and your partner are sporty. You can fill this easily breakable golf ball with blue or pink powder, and then have someone take a swing at it!

**6. Silly string:** Silly string is another way to involve more than one person in the gender reveal. You can give as many guests a bottle of silly sting as you want. Be sure to cover the label, which may say the color. You can also have a trusted friend or family member do this as well if you are hoping to be surprised, too!

What are some other baby gender reveal ideas? Start a conversation in the comments down below!

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# Celebrity Couple News: Kristen Bell Stands By Husband Dax Shepard After Relapse



By Carly Silva

In the [latest celebrity news](#), Kristen Bell opened up about her

husband's relapse nearly one month ago, which ended 16 years of sobriety. According to *People.com*, the [celebrity couple](#) is working together to move forward, and Bell is committed to supporting her husband through this journey.

## **In celebrity couple news, Kristen Bell is standing by her man through his continued struggle with alcohol addiction. What are some ways to support your partner through addiction recovery?**

### **Cupid's Advice**

Being in a relationship with a partner who is struggling with addiction can be difficult, but there are ways to help them through it. If you're looking for some ways to support your partner through addiction recovery, Cupid has some advice for you:

**1. Attend therapy together:** While your partner is going through recovery, therapy is always a great option. Attending couple's therapy together may help both of you to have some guidance on this difficult journey, and to stay aware of each others' feelings and move forward together.

**Related Link:** [Celebrity News: Jana Kramer Receives DM Alleging Husband Mike Caussin Cheated Again](#)

**2. Be aware of possible triggers:** As a partner, it's important that you are helpful and supportive in your partner's efforts in recovery. Make sure you are fully informed on their addiction, and be able to identify possible triggers that could throw off progress. Be aware of triggering situations,

events, and people that may influence your partner to relapse.

**Related Link:** [Celebrity News: Cardi B & Offset Spotted Kissing at Her Birthday Party One Month After Split](#)

**3. Stay honest with each other:** Make sure you're able to talk to each other honestly. This will be important for your partner to feel comfortable opening up to you and for you to be honest about what you need from your partner as well.

**What are some other ways to support your partner through addiction recovery? Start a conversation in the comments down below!**

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## **Travel Tips: Traveling Safely This Mid-Pandemic Holiday Season**







By Carly Silva

Traveling for the holidays will be different than any year before because of the COVID-19 pandemic that is surging through countries everywhere. Taking extra precautions to travel safely will be a must this holiday season, so be sure to check out these [travel tips](#) before setting out on your trip.

**Here are five safe [travel tips](#) if you're looking to travel this mid-pandemic holiday season:**

**1. Mask up:** This probably goes without saying, but the most important precaution to take will be to wear a mask wherever you go when traveling. If you're traveling on a plane or by public transportation, a mask will definitely be a must. If you're driving yourself or taking an RV, make sure to stock up on masks for rest areas or other public places.

**Related Link:** [Travel Advice: U.S. National Park Must-Sees](#)

**2. Pack the cleaning necessities:** Wherever you're traveling, you'll want to pack up some pandemic safety necessities. Put together a bag or carry on with extra face masks, hand sanitizers, sanitizing wipes, and disinfectant. These will be handy for keeping germs at bay while you travel. You can also pack immune boosters and packets to help prevent any sicknesses from interrupting your trip.

**Related Link:** [Travel Tips: Flying with Pets](#)

**3. Keep your distance:** Staying distanced from others while you travel will also be essential. Be aware of your proximity to others and stay six feet apart from others at all times. Finding socially-distanced activities to do on your trip is a great way to still enjoy traveling while keeping distance and staying safe.

**4. Take care of your body:** One of the easiest ways to stay healthy, especially while traveling is to wash your hands. Wash them with soap and water often, especially if you're traveling through public places, hotels, and restaurants. Avoid touching your face and make sure to cover coughs and sneezes.

**5. Check travel restrictions:** In order to travel safely, it's important to research what the travel restrictions are in your state, as well as at the destination of your trip. Make note of what places are closed and what activities will be available. Also, be sure to plan ahead for quarantine procedures in your state after your return.

**What are some other ways to travel safely during this mid-pandemic holiday season? Start a conversation in the comments down below!**

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# Celebrity News: Lily James & Married Dominic West Spark Romance Rumors in Italy



By Carly Silva

In the [latest celebrity news](#), Lily James and Dominic West have been the subject of recent [celebrity gossip](#) as romance rumors circulate after the two were spotted getting close in Italy. According to *EOnline.com*, West, who is married to Catherine Fitzgerald, was seen caressing Lily's head and kissing her on the cheek while they shared lunch in Rome.

# In celebrity news, Lily James and her married colleague Dominic West are sparking romance rumors. What do you do if you think your partner is cheating on you?

## Cupid's Advice:

Thinking that your partner is cheating can be a tough situation. If you suspect your partner is cheating you, and you're not sure what to do, Cupid has some advice for you:

**1. Make sure you have valid reason:** The first thing you want to do, especially before you confront your partner, is to make sure you have valid reason to think they might be cheating. If you bring up cheating without any real reason to believe it, then you may risk showing distrust in your partner for no reason, which could lead to a fight.

**Related Link:** [Celebrity Couple News: Pro Cheryl Burke Says Husband Matthew Lawrence Is Her Rock Amid Sobriety Journey](#)

**2. Confide in someone:** Telling on of your close trusted friends may help you to take a load off while you figure out what is really going on. Before confronting your partner, a trusted friend may help you to evaluate what's really going on or help you rationalize the situation.

**Related Link:** [Celebrity News: Amanza Smith Says Ex Taye Diggs Supported Her Kids for 5 Years](#)

**3. Talk to them:** If you are worried and believe you have real reason to believe your partner is cheating, you're going to have to talk to them and confront them eventually. Be honest about what your concerns are, but don't accuse in an aggressive way. You want them to be honest with you so you can



feel confident in the truth. Even if they aren't cheating, something else may be wrong that is causing you to suspect it, so communication is key.

What do you do if you think your partner is cheating on you? Start a conversation in the comments down below!

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## Celebrity News: Jana Kramer Receives DM Alleging Husband Mike Caussin Cheated Again



By Carly Silva



In the [latest celebrity news](#), Jana Kramer opened up about a recent direct message she received on Instagram, alleging that her husband, Mike Caussin cheated again. The [celebrity couple](#), who tied the knot back in 2015 and share two children together, and have dealt with infidelity before, after Caussin cheated in 2016. According to *UsMagazine.com*, Kramer admitted that she did freak out over the direct message, and she has a hard time trusting her husband.

## **In celebrity news, Jana Kramer says she doesn't trust husband Mike after multiple cheating rumors. What are some ways to rebuild trust in a relationship?**

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

Although infidelity is oftentimes a deal-breaker, it is possible to work through the problem and regain trust. If you're trying to rebuild trust in your relationship, Cupid has some advice for you:

**1. Be willing to put the work in:** Working through rebuilding trust will be a difficult journey, so make sure you're up for the task. Be honest with yourself if this is something you can work through and commit to it. Expect that it may be a long road, but it will be worth it in the end.

**Related Link:** [Celebrity News: Amanza Smith Says Ex Taye Diggs Supported Her Kids for 5 Years](#)

**2. Ask for what you need:** When you're trying to rebuild trust, it's important to make sure you're honest about what you need. Set the boundaries that make you comfortable and make it clear what you expect in your relationship. This will make it easier

for your partner to strive to give you what you need in the future.

**Related Link:** [Celebrity News: Valerie Bertinelli Pays Tribute to Late Ex-Husband Eddie Van Halen](#)

**3. Focus on the future rather than the past:** One thing that will always make rebuilding trust difficult is reliving the past. If you make the decision to forgive your partner and move on, it's best to stick to that. Avoid bringing up the past and rehashing old problems. Instead, focus on the future and what you and your partner can do to better your relationship from now on.

**What are some other ways to rebuild trust in a relationship? Start a conversation in the comments down below!**

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## Movie Review: 2 Hearts





By Carly Silva

*2 Hearts* is a new romance [movie](#) that will pull on your heart-strings. The film follows the story of two romances, one of which is between Chris (Jacob Elordi) and Sam (Tierra Skovbye), who meet in a college class and begin a whirlwind love story. In an entirely different decade, Jorge (Adan Canto), falls in love with a flight attendant (Radha Mitchell). The two love stories, which occur in different places at different times, are connected when Jorge and Chris end up at the same hospital. You won't want to miss what happens with these two romances!

**Check out our movie review on *2 Hearts*, a romance film that will make your heart throb!**

**Should you see it:** If you love a romance movie, and you're not afraid of a film that may make you cry, *2 Hearts* may be

perfect for you!

**Who to take:** This romantic film makes for a perfect date night with a significant other, or even a great sappy girls night for you and your best friend!

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

*2 Hearts* is a purely romantic film, and it's all about meeting someone and instantly falling in love. How do you know if you're falling in love? If you're looking for ways to tell you may be falling in love, Cupid has some advice for you:

**1. If they make your heart rate increase:** Everyone knows that feeling of your heart skipping a beat, or butterflies rumbling in your stomach. These can be tell-tale signs of intense emotions for someone, and if they persist even after you have been dating for a long time, they can definitely be a sign of real love.

**Related Link:** [Movie Review: Portrait of a Lady on Fire](#)

**2. You can't stop thinking about them:** If you have ever stayed up all night thinking about someone, or couldn't focus on your daily routine because you couldn't get them out of your head, that may be a sign of love. Thinking about someone all of the time, and missing their presence when they're not around can mean more than just infatuation, but that you may be genuinely in love.

**Related Link:** [Movie Review: Lady and the Tramp](#)

**3. You enjoy the little things with them:** A major sign of falling in love is having a new excitement about life that your significant other stimulates. If going grocery shopping or doing other boring tasks starts to become something exciting and fun when you're doing it with your partner, you may be falling in love. Someone that you're in love with will excite you, never bore you, and make you more enthusiastic

about the little things in life!

What are some ways you can tell you're falling in love? Start a conversation in the comments down below!

Check out some other movie reviews from Cupid's Pulse [here!](#)

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## **Celebrity News: 'Bachelorette' Alums Tyler Cameron & Hannah Brown Discuss How Trauma Brought Them Together As Friends**







By Carly Silva

In the [latest celebrity news](#), *Bachelorette* alums Tyler Cameron and Hannah Brown finally got candid in a YouTube video about the status of their relationship. The two [reality TV stars](#) have been the subject of much speculation since the two quarantined together in March. According to *EOnline.com*, Brown posted a YouTube video where the pair explained that they spent time together as friends because they were both healing from family trauma at the time.

**In celebrity news, there's been a lot of speculation about Tyler and Hannah being more than friends during quarantine. What are some ways to keep rumors from affecting your relationship?**

## **Cupid's Advice:**

When rumors start circling about your relationship, they can add a lot of pressure, and sometimes are hard to ignore. If you are looking for some ways to keep rumors from affecting your relationship, Cupid has some advice for you:

**1. Ignore them:** The best thing to do when rumors are circling is to ignore them, especially if they are not true. If you are able to, try to tune out the rumors and don't even pay any attention to them.

**Related Link:** [Celebrity News: Too Hot to Handle Star Francesca Farago Sets Record Straight on Romance Rumors with Former Bachelorette Star Jef Holm](#)

**2. Think about confronting them:** If ignoring the rumors is too difficult for you and your partner, you can also consider confronting them. Block accounts on social media, turn off comments on your Instagram posts, or you can directly ask people to stop. Confrontation is one way to do actively do something to make the rumors stop.

**Related Link:** [Celebrity Couple News: Former Bachelor Ben Higgins Is Engaged to Girlfriend Jess Clarke](#)

**3. Focus on your relationship:** If rumors are starting to affect your relationship, try having an open conversation with your partner so that the two of you can focus on what really matters. If you are both happy, then there is no reason to worry about gossip and rumors. Spend your time focusing on each other and pay no mind to the rumors.

**What are some more ways to keep rumors from affecting your relationship? Start a conversation in the comments down below!**