

Parenting Tips: How to Safely Adapt to Online Learning



By Diana Iscenko

Many schools are kicking off the school year with online classes, unable to safely reopen schools during the COVID-19 pandemic. Parents all over the country will have to help their children adjust to learning from home. With this comes increased screen time and the worry of internet safety for many parents. Check out our [parenting advice](#) to help you with this transition.

Are you worried about your kids and

their increased screen time because of remote learning? Here are five parenting tips to help your children safely adapt to online classes:

1. Set Boundaries

In a recent study from the antivirus provider Kaspersky, 58% of parents spend less than 30 minutes discussing internet safety with their kids. Be sure to lay down the household rules for internet use with your kids and follow up with them. Explain why these rules are put in place (like making online purchases or downloading music or video files) and what kind of outcomes they can have.

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2. Explore Together

Spending time online with your children will help build mutual trust regarding the internet. This shows children how to properly go online in a safe and fun way. It's also a good idea to leave devices in communal spaces around the house. Even if you're not on the device with your child, your presence will prompt them to self-check that they're following your rules.

3. Limit Time Online

It's easy for your kids to get distracted from their schoolwork, especially during online learning. Set boundaries for their time on screens. Try setting an alarm to ensure they get off their device after their classes are done. If you let them have additional time later, it'll separate their school

time from their personal time.

Related Link: [Parenting Tips on Lockdown: How to Keep Your Family Entertained](#)

4. Ask About Their Experiences

Children can easily stumble across harmful information on the internet, even if they aren't looking for it. They may know what they've seen is wrong and feel guilty about it. Spend a few minutes talking with your child about their good and bad experiences online each day will help them come to you if something made them uncomfortable.

5. Educate Yourself

It's impossible for you to catch every single thing your child does online. Look into different programs that try to ensure your child's safety online. There are plenty of tools to block certain websites, manage screen time and control app usage. The internet is always changing so be sure to keep yourself updated and continue to have conversations with your child.

How are you making sure your child is safe online? Start a conversation in the comments below!

Celebrity News: Find Out Where Scott Disick and Sofia Richie's Relationship Stands

As He Vacations with Ex Kourtney Kardashian



By Diana Iscenko

In the latest [celebrity news](#), [Scott Disick](#) and Sofia Richie's on-again, off-again relationship seems to be off as he vacations with his [celebrity ex](#), [Kourtney Kardashian](#), and their kids. A source close to the [celebrity couple](#) tells *EOnline.com* that "they are still in contact and have seen each other multiple times in the last month but are not as inseparable as before." While Disick vacations with Kardashian in Coeur d'Alene, Idaho, Richie is "hesitant about getting back together" with him, according to the source,

In celebrity news, Scott and Sofia are definitely on the outs right now. What are some ways to keep your partner from being jealous of your ex?

Cupid's Advice:

It's normal to sometimes feel jealous of your partner's ex, even in the happiest relationships. But obsessing over that jealousy can cause serious harm. If you need help getting your partner past their jealousy, Cupid has some advice for you.

1. Reassure them: Remind your partner that you and your ex broke up for a reason. Remind them that you chose to be with them, not your ex. It's easy to get lost in overthinking, so reassure your partner of your feelings. Ask if there's more you can be doing to help them feel comfortable.

Related Link: [Celebrity News: Scott Disick Seen Dining With Kourtney Kardashian Amid Sofia Richie Split](#)

2. Get to the root: Find out why your partner is so fixated on your ex. It's normal to feel jealous, but if jealousy is consuming your partner, there might be an underlying issue. It's likely that your partner is feeling insecure (we've all been there!), but make sure there isn't something more serious going through their head.

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3. Focus on your relationship: Actions speak louder than words. Put extra energy into your relationship and show your partner that you're choosing them and your future together.

Strengthening your relationship will not only bring you closer but help calm any anxiety your partner may be feeling.

How do you help your partner get past jealousy? Start a conversation in the comments below!

Celebrity Couple News: Khloé Kardashian & Tristan Thompson Want to Buy a New Home Together



By Diana Iscenko

In the latest [celebrity news](#), [Khloé Kardashian](#) and Tristan Thompson are searching for a new home together after the [celebrity exes](#) reunited during the pandemic. A source close to the pair told *UsMagazine.com* of their plans to live together after their breakup in February 2019: “Tristan wants to prove to Khloé that he has changed and wants to make this permanent with a family home.” The [celebrity couple](#) shares a two-year-old daughter, True.

In celebrity couple news, Khloé and Tristan are on such good terms again that they’re looking to buy a home together. What do you do if you and your partner disagree on the features you want in a home?

Cupid’s Advice:

When you and your partner are ready to move into a new place together, you’re likely excited about this next step in your relationship. Unfortunately, you might find out you and your partner can’t agree on what you want in a home. If you’re worried about making this compromise, Cupid has some advice for you:

1. Decide your must-haves: Both you and your partner should make separate lists of your must-haves for your new home. Compare lists afterward and find out what you agree on from the get-go. Use these features you already agree on as the foundation for your house search.

Related Link: [Celebrity News: Tristan Thompson ‘Isn’t Giving](#)

[Up' On a Future with Khloe Kardashian](#)

2. Focus on your budget: Most couples have a hard time deciding on a budget. A good rule of thumb is your monthly payments should be less than 25% of your net pay. Going by this rule gives a more definite budget and can prevent you (or your partner) from wanting to get a home outside of this range.

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3. Lean on your realtor: Your real estate agent will be knowledgeable about the housing market in your area and should be able to give you and your partner impartial advice. They won't be able to magically fix your disagreement, but they might be able to help you reach that compromise.

How do you reach a mutual understanding with your partner? Start a conversation in the comments below!

Fashion Tips: 5 Ways Mask Fashion Can Elevate Your Look





By Diana Iscenko

It looks like cloth face masks are here to stay! The CDC recommends everyone to wear a face covering while out in public, while several states are now mandating this. While masks aren't a fashion statement, it doesn't mean you can't wear cute ones that match your outfit each day. Having fun styling your face mask can elevate any look. If you need [fashion advice](#) that works with your mask, Cupid has some tips for you.

No matter what your personal style is like, here are five simple fashion tips to help you incorporate a face mask into any outfit:

1. Embrace Basics

Everyone should have neutral-colored face masks! If you only own a couple, your first purchase should be either a black or a white mask. These masks will tie together any outfit. Remember, you don't want your mask to overpower the rest of your look.

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2. Make Your Own Matching Set

While some brands are making face masks to match other articles of clothing, you can make your own matching set by buying a mask that matches an outfit you already have. Patterns might be harder to match, so try buying a mask the same color as your favorite shirt!

3. Make Your Mask a Statement

Think of your face mask as an accessory. If you're wearing a more neutral outfit, your mask can bring your look to life with a bright color or a fun pattern. Remember to keep other accessories, like jewelry and handbags, more minimal if the mask is your pop of color.

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4. Emphasize Your Eyes

A mask covers the lower half of your face, so bring the attention to your eyes! Go for a winged liner or a colorful eyeshadow look. Don't forget mascara and brow gel to finish off your stunning eye makeup.

5. Minimize Face Makeup

Even if you're the type of person who always wears a full face of makeup, consider toning down the makeup on the lower half of your face. Foundation and lipstick can get all over your mask, meaning you'll have to wash it even more. It can also clog your pores and lead to under-the-mask acne.

How do you incorporate a mask into your outfit? Start a conversation in the comments below!

Relationship Advice: Dating Expert Lee Wilson Advises How Your Relationship Can Survive Lockdown



By Diana Iscenko

In the last few months, we've seen countless [celebrity couples](#)

break up in the midst of the COVID-19 pandemic. Being stuck at home with your significant other has put a strain on many relationships, not just famous couples. With several states reporting a rise in new COVID-19 cases, we may be spending much more time at home again. If you're worried about how more time in lockdown may impact your relationship, Cupid has some [dating advice](#) for you.

We recently interviewed relationship expert and dating coach Lee Wilson to get his perspective on how to keep your relationship healthy during the stress of lockdown. Wilson has 20 years of relationship-recovery experience, focusing on reuniting couples after separation. He also gave a TED Talk and has lectured at several colleges, including Pepperdine University.

In our interview with dating expert Lee Wilson, he revealed his relationship advice for getting through lockdown with your relationship intact.

Many couples are struggling with spending all of their time together in lockdown. Wilson believes this is so difficult for many couples because it's such a drastic change from the amount of time spent together before the last few months. "Being locked in a house together is difficult to do, even for couples who are in good situations," Wilson said. "You're not used to spending that much time with this person. For a lot of couples, it's going to be a shock and they're going to get on each other's nerves."

This sudden increase in time spent together will hit couples who had existing issues even harder. While these disagreements

may feel like they came out of nowhere, Wilson reminds those struggling that these issues likely are taking the forefront since you are spending more time with your partner. “If couples are having some trouble, that means their relationship dynamics are already off from where they should be. Now they just have more time to experience the bad relationship dynamics,” Wilson said.

Couples may also disagree about health-related issues during the pandemic. If partners disagree on how to approach staying safe (i.e. going out in public again), this can also cause a strain on any relationship. Wilson highlights that both parties can be hurt by this disagreement. “If one of them isn’t ready to go out in public yet, that can be taken as rejection,” Wilson said. “The other person will feel like they’re having to continue in this lockdown that they don’t want to continue because the other person is refusing to go out.”

Not only may the one person feel resentment toward the more cautious partner, but the cautious partner may feel unsafe if the other is going in public too often. “You get into a more complex situation where you just went out and now I’m around you. You want us to be intimate, but I feel like you’re putting my health in danger,” Wilson said.

Related Link: [Relationship Advice: Susan Trombetti Talks Love & Dating Amid COVID-19](#)

So, what can you do to fix these issues and have a happier, healthier relationship? Wilson has some unconventional advice: communicate less. “What I mean by that is not that they avoid talking at all, but that just because something is on their chest doesn’t mean they have to say it at that moment,” Wilson said.

“A lot of times couples are baffled I would tell them that because they’ve been told that if you have an issue, you

better bring it up and get it out,” Wilson said. “A lot of times couples need the opposite to heal.”

Wilson recommends that couples who are fighting a lot should try to have only positive interactions with each other for a certain amount of time. For example, if you and your partner agree to leave the negativity behind for a week, you can revisit the negative feelings when the week is up. “A lot of times, that week will pass, and they’ve had such a good week together that they don’t feel like they want to duke it out anymore. They do better,” Wilson said. While you shouldn’t ignore issues that come up in a relationship, fighting over every small problem can cause more harm than good.

Related Link: [Relationship Advice: Heidi Klum & Tom Kaulitz Survival Strategies For The Home Front](#)

Wilson also suggests planning activities while stuck in lockdown. “One of the most wonderful parts of a relationship is the anticipation of doing things together. It’s not just doing them, it’s also being able to look forward to them,” Wilson said.

“What’s happened during the lockdown is that couples have lost that,” Wilson said, “What you’re doing today is probably the same thing you did yesterday.” A way to prevent this stagnancy is to plan date nights and other ways to spend time together. It doesn’t matter if it’s something simple like a movie night; you and your partner will have a reason to look forward.

Wilson emphasizes the importance of leaning on your partner during such a stressful time: “When the world seems like it’s going to hell in a handbag, having peace with someone, having the opposite of what you’re seeing in the world, is a welcomed thing.”

Want to keep up with Lee Wilson? You can head to his website, [MyExBackCoach.com](#).

Celebrity Baby News: 'This Is Us' Star Chris Sullivan & Wife Rachel Welcome Baby Boy



By Diana Iscenko

In the latest [celebrity news](#), *This Is Us* star Chris Sullivan and wife Rachel Reichard welcomed their first child together, son Bear Maxwell Sullivan. The [celebrity baby](#) made his debut on July 28, at 10:02 PM. Sullivan shared the news on an Instagram post, where he gushed about his new family: "Witnessing [Rachel] bring our first son into this world, after 20 hours of labor, was one of the great honors of my

life.” The [celebrity couple](#) tied the knot in 2010.

In celebrity baby news, Chris Sullivan and his wife are parents! What are some ways to prepare your relationship for parenthood?

Cupid’s Advice:

Being a parent changes your life and it’ll change your relationship with your partner. This change doesn’t have to be a bad thing! Make sure the growth of your family brings you and your partner closer. If you’re worried about babyproofing your relationship, Cupid has some advice for you:

1. Celebrate your relationship: Reminisce with your partner about your pre-parenthood days. Your relationship will change with the birth of your child and it’s okay to be upset about some of the changes. Accept the “loss” by celebrating the end of your time as a family of two.

Related Link: [Celebrity Babies: Carrie Underwood Said She ‘Considered Adoption’ Following Multiple Miscarriages](#)

2. Discuss expectations: When your child arrives, there will be way more work to go around. Discuss with your partner what roles each of you will have when your baby arrives. It’s important to go into parenthood with a plan, but you should also be flexible. You two are a team, after all!

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3. Appreciate the little things: Be thankful for the little things your partner does to show their love. There will be

less time for date nights when you have a new baby, but that doesn't mean there's no time for romance. Find the small moments that show your partner has your back.

How do you prep your relationship for your baby's arrival? Start a conversation in the comments below!

Celebrity News: Rachel Lindsay Calls Garrett Yrigoyen a 'Piece of Sh*t' Amid Becca Kufryn Split Rumors





By Diana Iscenko

In the latest [celebrity news](#), [Bachelorette](#) Rachel Lindsay spoke out against Garret Yrigoyen, the fiancé of friend and [Bachelorette](#) Becca Kuftrin. On a recent episode of comedian Danny Pellegrino's "Everything Iconic" podcast, Lindsay revealed that she will not be supportive of Kuftrin's relationship with Yrigoyen in the future. "I think he's a piece of sh*t ... He has doubled down on his beliefs. This isn't the first time he's had problematic behavior." Last month, Yrigoyen posted a controversial Instagram post in support of police officers. Kuftrin initially supported him though disagreed with his views. After speaking to Lindsay on an episode of "Bachelor Happy Hour," the [reality TV](#) star revealed she was unsure of her relationship status with Yrigoyen. When Pellegrino asked about the current status of the relationship, Lindsay declined to answer.

In celebrity news, Rachel Lindsay

is all for Becca Kufrin cutting ties for Garrett Yrigoyen. What do you do if your friends don't like your partner?

Cupid's Advice:

In a perfect world, your friends will love your partner as much as you do. Unfortunately, your friends may not be so supportive of your relationship. It can be hard to navigate a relationship when you don't feel supported. If your friends dislike your partner, Cupid has some advice for you:

1. Hear your friends out: Your friends (hopefully!) have your best interests in mind, so give them the benefit of the doubt. Give them a chance to explain why they don't like your partner. They might see something unhealthy in your relationship that you couldn't. Even if you end up disagreeing, your friends will appreciate you listening to their worries.

Related Link: [Celebrity News: 'Bachelorette' Becca Kufrin Doesn't Know Relationship Status with Garrett Yrigoyen After His Pro-Cop Remarks](#)

2. Don't force a friendship: As much as we want our friends to love our partner, it's not possible for everyone to always get along. If your friends dislike your partner, you shouldn't force a friendship between the two parties. Accept that you'll miss some group hangs with your friends to spend time with your partner. Accept that your partner may not want to hang out with your friends and that you can't force them to tag along.

Related Link: [Celebrity News: Trista Sutter Explains Why 'The Bachelorette' Has More Success Than 'The Bachelor'](#)

3. Set boundaries: Ask both your friends and your partner to respect your choices and to refrain from talking negatively about each other in front of you. Make sure to spend time with your friends and your partner, even if that time doesn't overlap. Don't let one side prevent you from seeing the other. If your friends or your partner won't respect your choices, it may be time to let them go.

How do you deal with friends who dislike your partner? Start a conversation in the comments below!

Celebrity News: Trista Sutter Explains Why 'The Bachelorette' Has More Success Than 'The Bachelor'





By Diana Iscenko

In the latest [celebrity news](#), Trista Sutter, the first *Bachelorette*, revealed why *The Bachelor* has less success than its female-led spin-off. On a recent episode of *UsMagazine.com*'s "Here For the Right Reasons" podcast, Sutter explained why "women do it better." The [reality TV](#) star claims a season's success is based on how well it was cast and how open the lead is to finding love on the show. Sutter also acknowledges how easy it is to "get caught up in the lust factor." In the franchise's history, six *Bachelorettes* are still with their season's winner, while only one *Bachelor* is married to his season's winner. Several *Bachelors* have ended up with someone from their season after proposing to someone else.

In celebrity news, Trista Sutter opens up about why *The Bachelorette*

has more success stories than *The Bachelor*. What are some ways to tell the difference between lust and love?

Cupid's Advice:

The start of a new relationship is exciting! It's easy to get swept up with a new partner, but are you excited for the right reasons? If you're not sure if you're in love or in lust, Cupid has some advice for you.

1. You enjoy talking to them: Anyone in a new relationship will want to see their partner, but talking over the phone consistently might show that there's a deeper level of connection. If you only talk to your new partner while seeing them in person, love may be taking a backseat to lust.

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2. You accept their flaws: Lust often loses interest when you discover your partner's flaws. If your feelings toward your partner are genuine, it'll be easier to accept their flaws and continue to like them despite their more negative qualities.

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3. You're excited about the future: Your excitement should go past the next time you'll see your new partner. You should also be excited for them to meet the other people in your life and to reach relationship milestones with them. If you're excited for what your future relationship will hold, you're likely in love, not lust.

How do you navigate love and lust in a new relationship? Start a conversation in the comments below!

Celebrity Couple Blake Shelton & Gwen Stefani Drop New Song 'Happy Anywhere'



By Diana Iscenko

In the latest [celebrity news](#), [Blake Shelton](#) and [Gwen Stefani](#) released their new quarantine-inspired song, "Happy Anywhere." The pair sings in the chorus: "I'm running wide open / I was

born with my feet in motion / But since I met you, I swear / I could be happy anywhere.” This is the [celebrity couple’s](#) second musical collaboration, previously releasing the country ballad “Nobody But You” in December 2019.

In celebrity couple news, Blake and Gwen collaborated on a new song. What are some ways to share your passions with the one you love?

Cupid’s Advice:

We may not all work in the same industry as our partner, but that doesn’t mean you can’t share your hobbies with them! If you’re looking for a way to get your partner more involved with your interests, Cupid has some advice for you.

1. Swap interests: When asking your partner to try something you’re interested in, offer to try one of their hobbies, too. Committing to trying something they like will motivate them if they’re initially hesitant to try something you like.

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2. Make it a date: Make a night of doing the activity you’re passionate about. It’ll be more fun to enjoy this experience together, instead of you teaching your partner about it for the night. Try to get on equal footing and have fun with your partner.

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3. Give them a way out: Make it easier for your partner to say yes to trying something new. Instead of planning an intense day-long activity, do something with a built-in out so you’re

partner feels comfortable quitting if they aren't enjoying it. Start small and work up to more intensive days.

How do you introduce your partner to your interests? Start a conversation in the comments below!

Celebrity Baby News: Former 'Bachelorette' Ali Fedotowsky Reveals She Suffered Miscarriage



By Diana Iscenko

In the latest [celebrity news](#), *Bachelorette* Ali Fedotowsky opened up about her recent miscarriage on her Instagram. The [reality TV](#) star said she may never “fully talk about” the experience, but she wanted to support others who miscarried. Fedotowsky continued in her post: “I’m not sharing this because I feel sorry for myself or I want others to tell me they feel sorry for me. I don’t feel sorry for myself. I feel sad for what could’ve been.” The *Bachelorette* shares two children, Molly, 4, and Riley, 2, with husband Kevin Manno.

In celebrity baby news, Ali Fedotowsky opened up about her recent miscarriage. How do you support your partner through a miscarriage?

Cupid’s Advice:

Miscarrying is painful, whether you were the pregnant parent or not. It’s important to lean on your partner during this difficult time. If you’re not sure how to support your partner through the loss of your pregnancy, Cupid has some advice for you.

1. Let them know how you’re feeling: Make sure to let your partner know that you’re grieving with them. To start healing from the loss of the child you never met, you need to let out your emotions. Even if your grief is different than your partner’s, it’s so important to work through this together.

Related Link: [Celebrity Baby: Ali Fedotowsky Says She Could Go Into Labor During Family Wedding](#)

2. Remember it's no one's fault: It's very common for those who lose pregnancies to think they're "broken" or that they're to blame for the miscarriage. If your partner was pregnant, make sure they know you love and support them, regardless of their ability to have kids. If you were pregnant, focus on the happiness you already have in your partner and family.

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3. Talk about your experience: Once you and your partner feel comfortable, talk to your close friends and family about what you went through. Miscarriages are common and you'll likely know others who went through the same thing. Knowing you aren't alone can help you heal.

How do you support your partner through difficult times? Start a conversation in the comments below!

Celebrity News: Kim Kardashian Is Meeting with Divorce Lawyers After Kanye's Tweets





By Diana Iscenko

In the latest [celebrity news](#), [Kim Kardashian](#) is contemplating divorce from husband [Kanye West](#). A source close to Kardashian told *UsWeekly.com* that “Kim has been meeting with lawyers to explore and talk about divorce.” This was prompted by West revealing the [celebrity couple](#) almost terminated Kardashian’s first pregnancy at a presidential rally in South Carolina. The following day, West tweeted several allegations against Kardashian and her mom, [Kris Jenner](#). “Kim was trying to fly to Wyoming with a doctor to lock me up like on the movie *Get Out* because I cried about saving my daughter’s life yesterday,” West said in a now-deleted tweet. A second source revealed that Kardashian has “tried so hard to help him, but now Kim and her family feel as though he’s really crossed a line.” West has previously been diagnosed with Bipolar Disorder, but he is not receiving treatment at this time.

In celebrity news, Kim Kardashian

is nearing her breaking point with husband Kanye West. What are some ways to work on your relationship before resorting to divorce?

Cupid's Advice:

You might be near your breaking point with your partner. Even when your relationship seems bleak, there are still ways to fight for it. If you feel like your relationship is slipping away, Cupid has some advice for you.

1. Reach out to your partner: When your relationship feels doomed, the last thing you'll want to do is snuggle up and show affection to your partner. Do it anyway! It may feel a little unnatural at first, but showing affection and love reminds you both there's something worth fighting for. Don't be afraid to send a sappy text or send some flowers.

Related Link: [Celebrity Couple News: Kim Kardashian & Kanye West Are on 'Different Pages' Amid Quarantine](#)

2. Acknowledge your role: During rocky times in your relationship, it's easy to play the blame game with your partner. It's crucial that you take accountability for some of your relationship issues. Take the time to spot your role in these issues and take the steps to fix them.

Related Link: [Celebrity Couple News: Kim Kardashian Needs Space From Kanye West](#)

3. Focus on the "why": It's easy to lose sight of why you're fighting for your relationship when there's so much negativity. Discuss with your partner the benefits of staying together, especially if it's an uphill battle. Remember the good times and fight to create more positive times together.

How do you strengthen your relationship? Start a conversation in the comments below!

Celebrity News: 'Bachelorette' Clare Crawley's Suitors Are Revealed



By Diana Iscenko

In the latest [celebrity news](#), ABC has announced the

contestants for the newest season of [The Bachelorette](#). This season's [reality TV](#) star is Clare Crawley, the runner-up from Juan Pablo Galavis' season of [The Bachelor](#). Crawley initially had a different group of suitors for Season 16, but production was pushed back due to the COVID-19 pandemic, and they had to be re-cast. Production is slated to start in the fall.

In celebrity news, the guys for Clare Crawley's season of *The Bachelorette* have been revealed. What are some unique ways to go about meeting a love interest?

Cupid's Advice:

While we can't all have *The Bachelorette* experience, we can still step out of our comfort zones to meet new potential partners. If you're over swiping on dating apps and being set up with friends of friends, Cupid has some advice for you.

1. Do things alone: While going out with friends might be your default, it's hard for a new person to approach your group. Taking yourself out can help you meet fun, new people that you normally wouldn't. If you're nervous about going out alone, ease into it by bringing a book or a journal with you.

Related Link: [Celebrity News: Clare Crawley Is Announced as Season 16 'Bachelorette'](#)

2. Start volunteering: Find a cause your passionate about and volunteer your time. You'll meet plenty of new people that you already have something in common with. You'll likely talk to these people while volunteering, so it won't be as daunting to start a conversation.

Related Link: [Celebrity News: 'Bachelorette' Clare Crawley Explains Why She Kept Dress from Juan Pablo Galavis Breakup](#)

3. Walk your (or a friend's) dog: As weird as it may sound, dogs are a great conversation starter. Going on walks or visiting the park will give you the opportunity to talk to new people. Having a dog will make you seem more approachable. What's a better excuse to talk to someone than wanting to pet their dog?

What are some ways you put yourself out there? Start a conversation in the comments below!

Celebrity Break-Up: Justin Hartley Isn't Concerned About Ex Chrishell Stause's Drama





By Diana Iscenko

In the latest [celebrity news](#), Justin Hartley reveals he's not letting drama from his divorce from [celebrity ex](#) Chrishell Stause bring him down. Despite the *Selling Sunset* star's claims about their split, Hartley told *ETOnline.com* that he is staying positive: "I'm a happy guy. I sleep like a baby. I don't have anything on my mind... I am a very, very lucky, lucky individual." Hartley filed for divorce from Stause in November 2019 after almost three years of marriage.

In celebrity break-up news, Justin Hartley isn't concerning himself with his ex Chrishell's divorce drama. What are some ways to distance yourself from relationship drama?

Cupid's Advice:

Post-break-up drama can be overwhelming, especially if you're trying to distance yourself from it. If your ex refuses to leave the drama in the past, Cupid has some advice for you:

1. Find your support system: Surround yourself with people you trust. Distance yourself from your ex and other people you're worried might try to bring you down with unnecessary drama. Lean on close friends and family who you trust have your best interests at heart.

Related Link: [Celebrity News: Justin Hartley Brings Daughter to Critics Choice Awards Amid Divorce](#)

2. Be empathetic: Understand other people's thought processes and do your best to forgive them. Your ex may be causing drama after the break-up but think about where they're coming from. Break-ups hurt and this may be your ex's (imperfect) way of handling it.

Related Link: [Celebrity Exes: G-Eazy Had 'Creative Breakthrough' After 'Toxic' Halsey Relationship](#)

3. Look on the bright side: Have a positive outlook on your situation. While things may not be going perfectly, be thankful for the positive people in your life. Be grateful for you and your ex's time together instead of bashing them post-split.

How do you avoid relationship drama? Start a conversation in the comments below!

Fashion Advice: 6 Plus-Size Fashion Trends to Look Your Best



By Diana Iscenko

Dressing for your body type can be daunting. With so many [fashion trends](#) coming in and out of style, it's easy to feel overwhelmed. This fear may be worse if you have a curvy figure, with fashion often displayed on bodies that don't look like your own. Cupid has some [fashion advice](#) to help you find out what outfits will flatter your body.

Here are six fashion tips for plus-size women to help you look (and feel!) your best:

1. Try Different Sizes

Not everything will fit the same way. Sizing varies from brand to brand, so it's important to try on a range of sizes. Even within the same brand, sizing may vary based on the style or the material. It can be discouraging to try clothes that don't fit but don't be afraid to venture out of your "normal" sizes when trying on clothes. After all, how the clothes fit your body is more important than the number on the tag.

Related Link: [Fashion Trend: Celebrity Looks On the Way Out](#)

2. Dress For Your Body Shape

There's no one-size-fits-all approach to flatter every curvy body type. Women who are hourglass-shaped and women who are pear-shaped will have different things that flatter them. Regardless of your shape, avoid wearing baggy clothes to hide your figure and embrace your curves.

3. Tailor Your Clothes

Tailoring is an overlooked asset for women of all sizes! A good tailor can be your secret weapon, transforming a frumpy, ill-fitting outfit into a wardrobe staple. Department stores and boutiques often offer in-store tailoring services, too.

Related Link: [Fashion Trends for 2020](#)

5. Invest in Basics

While buying a cheap white shirt or leggings may be tempting, you should invest in these wardrobe basics. They're the building blocks to your wardrobe and you'll likely be wearing

them a lot. The same goes for undergarments. You don't want the wrong pair of underwear to ruin the cute outfit you had planned.

6. Find the Right Accessories

Accessorizing can bring your look to the next level. Add a wide belt to draw attention to your waist and extenuate your curves. Wear shoes that make your legs look longer and avoid ones with ankle straps. You can also experiment with colors and prints!

What's your go-to outfit to help you feel your best? Start a conversation in the comments below.

Celebrity Couple News: Find Out How Emily Blunt & John Krasinski Built a Strong Marriage





By Diana Iscenko

In the latest [celebrity news](#), [Emily Blunt](#) and John Krasinski continue to be couple goals as the pair celebrate their ten-year wedding anniversary. The couple met through a mutual friend in 2008 and share two daughters together, Hazel, 6, and Violet, 4. The [celebrity couple](#) recently starred in Krasinski's *A Quiet Place* together recently. Krasinski reflected on how the experience brought them closer in an interview with *MensHealth.com*: "There's no greater gift that the universe could have given me than to go through the biggest success of my career [with Emily]."

In celebrity couple news, Emily and John's relationship sparks a little jealousy, as they have a strong marriage. What are some ways to

continually strengthen your relationship?

Cupid's Advice:

Relationships require hard work, even when things are going well. You and your partner should be working on your relationship even when it doesn't need to be "fixed." If you're looking for some ways to strengthen your relationship, Cupid has some advice for you

1. Stay connected: Your relationship should be founded on friendship and respect for each other. Working on your friendship is just as important as working on your romance. Spending quality time with your partner is the best way to keep your connection strong.

Related Link: [Celebrity Couple: Emily Blunt & John Krasinski Were Warned About Working Together](#)

2. Celebrate each other: Showing affection and giving compliments should be a daily habit in your relationship. Be the person your partner can fall back on and support them in everything they do. You and your partner should be each other's number one fans!

Related Link: [Celebrity Couple News: Find Out How Cardi B & Offset Make Their Relationship Work](#)

3. Learn from your fights: Fights are inevitable in every relationship but make sure you're being respectful of your partner. A fight isn't an excuse to belittle your partner. Learn how to have healthy disagreements and use them to better understand your partner.

How do you and your partner keep your relationship strong? Start a conversation in the comments below!

Health Tips: How to Stay Healthy in the Heat



By Diana Iscenko

The summer months often times means hot weather. While spending time outside is good, extremely high temperatures can be detrimental to your health. According to the CDC, more than 600 people die from extreme heat each year. Adults over 65, children under 4 and people with chronic health issues are particularly vulnerable to the effects of high heat.

It's especially crucial to be aware of how the heat can affect your health during a public health crisis, like the COVID-19

pandemic. With parts of the country still on lockdown, many people are spending as much time outside as possible. Be sure to follow [health advice](#) to ensure you are remaining healthy as the summer temperatures get higher and higher.

No matter how you're spending your quarantine summer, here are six health tips to help you stay healthy in the summer heat.

1. Stay Hydrated

Drink water, even if you don't feel thirsty! During hot weather, your body loses more fluids through sweating. Drinking water will help replenish those lost fluids and helps your bodily functions run more smoothly. Avoid a lot of alcohol, caffeine and sugary drinks; these will dehydrate your body. Sports drinks with electrolytes and minimal sugar are a good alternative if you start to get sick of water.

Related Link: [Health Trend: Hydration Hype](#)

2. Wear Breathable Clothing

Clothing plays a big role in preventing you from feeling the effects of the heat. Wear loose-fitting, light-colored and breathable clothing. Loose-fitting clothes will easily allow the heat your body produces to escape. Light-colored clothes won't absorb the heat from the sun as easily as darker colors.

3. Seek Air Conditioning

If you have air conditioning in your home, make sure it's always set to "cool." Keep the filter clean so it can run as efficiently as possible. Turning on fans and closing blinds and curtains during the day can make it even cooler in your

home. If you don't have air conditioning, spend time somewhere that does. This could be a friend's house or a public place, like a library or a shopping center. You can also take a drive and turn on the air conditioning in your car.

Related Link: [Health Trend: Top 10 Tips to Develop a Health Education](#)

5. Find Shady Spots

Spend as little time in the sun as possible. When outside, try to stay in the shade to prevent your body temperature from rising too much. If you do go in the sun, be sure to wear sunscreen to avoid overheating and skin damage.

6. Schedule Outdoor Time

When you know you'll be spending time in the sun, plan to go outside during the early morning or late evening. Avoid doing strenuous activity, such as yard work or outdoor exercise, in the middle of the day. This is the hottest point in the day and may bring your body to a dangerously high temperature.

How do you keep cool over the summer? Start a conversation in the comments below.

Celebrity Break-Up News: Jordana Brewster Files for Divorce from Andrew Form



By Diana Iscenko

In the latest [celebrity news](#), Jordana Brewster filed for divorce from husband Andrew Form after 13 years of marriage. According to *UsMagazine.com*, the *Fast & Furious* actress submitted the divorce papers to the Stanley Mosk Courthouse in Los Angeles last week. The former [celebrity couple](#)'s case was listed as "dissolution with minor children." The pair share two sons, Julian, 6, and Rowan, 4.

In celebrity break-up news, Jordana and Andrew have decided to call it quits on their marriage. What are some ways to announce your divorce

to your young children?

Cupid's Advice:

The end of a marriage is never easy, but it can be even more stressful when you have young children. As a parent, you want to protect your kids from painful situations. If you're not sure the best way to tell your kids about you and your parent's separation, Cupid has some advice for you:

1. Focus on the moment: Your kids will likely remember the moment you tell them about the divorce for their entire lives. Make sure you're sitting down as a family, with all your kids and your partner, when having this conversation. Think about where you're having this conversation and if it would be comfortable for your children.

Related Link: [Celebrity Divorce: What Went Wrong for Kelly Clarkson & Brandon Blackstock?](#)

2. Listen to your children: It's impossible to know how your child will react to this news. No matter how well you breakdown the news to your young children, they're going to have questions you're not prepared for. Be supportive of them no matter how they react and answer their difficult questions honestly.

Related Link: [Celebrity Divorce: Ewan McGregor Settles Divorce from Eve Mavrakis 2 Years After Filing](#)

3. Be united with your partner: While your divorce is hard on you, you need to be mature around your children. When announcing your separation, do not blame your partner. Both parents should take ownership and give your children the same message. Blaming your partner will make your kids think they need to reject their other parent.

How do you look out for your kids during a divorce? Start a

conversation in the comments below!

Celebrity Break-Up: Cassie Randolph Slams 'Bachelor' Editing After Talking Split from Colton Underwood



By Diana Iscenko

In the latest [celebrity news](#), Cassie Randolph speaks out against how *The Bachelor: The Greatest Seasons – Ever!*

portrayed her in a recent interview. The interview focused on Randolph's recent split from [Bachelor](#) Colton Underwood, despite Randolph's reluctance to talk about it. The [reality TV](#) star posted on her Instagram story, explaining how much was cut from her interview: "There's so much more to me than just my past relationship, and I think that's why I'm annoyed."

In celebrity break-up news, Cassie Randolph isn't happy with the way her split was in the spotlight on a recent episode of The Bachelor GOAT. What are some ways to keep the after-effects of your split from getting you down?

Cupid's Advice:

No matter how your relationship ended, it's completely normal to be upset. That doesn't mean you should let your grief consume you! If you're having trouble keeping your head up post-break-up, Cupid has some advice for you:

1. Lean on your friends: It's easy to see your friends less during a relationship, but it's important to stay connected. Use this time to catch up with them. Set aside time to talk to them, whether that's in person or over the phone.

Related Link: [Celebrity Break-Up: 'Bachelor' Alum Colton Underwood Jokes About Split from Cassie Randolph](#)

2. Focus on your interests: Throw yourself back into your hobbies. Focusing on something you enjoy will help you focus on something besides your break-up. It's also a great opportunity to try something new!

Related Link: [Celebrity News: Arie Luyendyk Jr. Says 'Bachelor' Concept 'Barely Works' for Finding Love](#)

3. Keep saying "yes": Accept social every invitation you get. Spend as much time as you can with those who support you. It may not feel genuine at first, but spending time with friends and family will prevent you from isolating yourself.

How do you keep your mood up after a break-up? Start a conversation in the comments below!

Parenting Tips on Lockdown: How to Keep Your Family Entertained





By Diana Iscenko

After months of lockdown to lessen the spread of COVID-19, a lot of people are running out of activities to pass the time. This wave of quarantine boredom is hitting parents especially hard. Keeping children stimulated and entertained can be difficult right now, especially if you want to minimize their screen time. Check out our [parenting advice](#) to keep your family entertained during lockdown.

Are you running out of ideas to keep your kids occupied while stuck at home? Here are six parenting tips to keep your children entertained during lockdown:

1. Stick to a Routine

The most important thing during lockdown is to stick to a

routine to keep things as normal as possible for your family. Map out responsibilities and activities for the day. This will help prevent having large chunks of unstructured time, which can lead to boredom.

2. Break Out the Board Games

Board games and puzzles are a great way to pass the time as a family. Whether it's Scrabble, Monopoly or Clue, these activities are something the entire family can take part in. According to *TheGuardian.com*, the sale of board games and puzzles increased by 240% during the UK's first week of lockdown.

Related Link: [Parenting Tips for Learning at Home](#)

3. Schedule Virtual Playdates

Adults aren't the only ones missing their friends! Reach out to other parents to schedule a virtual playdate for your children. It's important that your kids still feel connected to their friends even when they can't physically be with them. If your child is young, they're going to need help making these connections.

4. Plan for Play

Being unable to leave the house makes it easier to forget about exercising. Encourage your children to play outside or have a dance party. Making time for exercise right now is a must. Not only does it improve your child's physical health, but it releases endorphins that improve mental health, too.

Related Link: [Parenting Tips: 5 Ways to Boost Your Child's Self-Esteem](#)

5. Get Crafty

Tap into your kids' creative sides with arts and crafts! There is an endless amount of crafts to try with your children, no

matter their age. Crafting is a great way for children to learn problem-solving skills and develop their fine motor skills. Plus, they'll have a space to be creative and express themselves.

6. Take them to the Kitchen

Lockdown is a great time to get children interested in cooking and baking. Bring your kids into the kitchen to help plan and prepare for meals. Not only are they learning life skills but spending this time together will bring your family closer.

How have you and your family been having fun during lockdown? Start a conversation in the comments below!

Celebrity Break-Up: Christina Ricci is Granted Protective Order Against Husband James Heerdegen





By Diana Iscenko

In the latest [celebrity news](#), Christina Ricci was granted an emergency protective order against husband James Heerdegen. According to *UsMagazine.com*, the Los Angeles Police Department responded to a call for domestic battery at the actress' home. Ricci was granted the protective order, which prohibits any contact between the [celebrity couple](#). Heerrdegen was not arrested.

In celebrity break-up news, Christina Ricci and her husband James Heerdegen are clearly having major issues. What do you do if your partner becomes violent toward you?

Cupid's Advice:

Finding out your partner is abusive is difficult to navigate. While you may still love them, it's important to keep yourself safe. No matter what kind of violence you're facing, it isn't your fault and you aren't responsible for your partner's abusive behavior. If you need help figuring out how to leave a violent relationship, Cupid has some advice for you:

1. Create a safety plan: A safety plan is a personalized plan to keep you safe while in a violent relationship. It should include telling close friends or family about the abuse and how to stay as safe as possible before leaving the relationship. Teach children how to stay safe in these emergencies.

Related Link: [Celebrity Exes: Mandy Moore Says Ex Ryan Adams Was 'Psychologically Abusive'](#)

2. Get legal protection: Protective orders and restraining orders can help you immediately by keeping your partner physically away from you and your family. Once you have a protective order, you should always keep the document with you. You can apply for these documents at courthouses, women's shelters and police stations.

Related Link: [Celebrity News: Demi Moore Says She Was 'Addicted' to Ashton Kutcher](#)

3. Leave your abuser: Make a plan to escape quickly. You might want to request a police escort when you leave. Be sure to grab important documents and other irreplaceable keepsakes when leaving. After leaving, try to change up your routine to lessen the chance of your abuser finding you. This might include changing your hours at work or changing your phone number.

Do you have advice for those facing intimate partner violence? Start a conversation in the comments below!

Travel Tips During the Pandemic: Is Flying on an Airplane Safe?



By Diana Iscenko

The world is still in the midst of the COVID-19 pandemic. Even though cases in the United States are still rising in some areas, many states are reopening in phases. The threat of getting sick is still real, so many businesses are open with new social distancing measures in place to prevent the spread of the virus. This combined with the summer weather has caused many people to want to travel again.

So, is it safe to [travel](#) on an airplane right now? The CDC warns against making unnecessary trips anywhere, including on airplanes. Air travel includes the time spent in security lines and airport terminals, both of which can bring you in close contact with people and frequently touched surfaces. Social distancing can be impossible on crowded flights, so you may be stuck within six feet of someone for hours at a time.

That said, if you need to get into a plane for a necessary trip—or if you're otherwise willing to take the risk—there are ways to travel as safely as possible.

Whether you're taking a mandatory trip or hitting a vacation destination, here are three travel tips for flying during the pandemic:

1. Pick Your Airline Carefully

Many airlines have implemented new safety requirements to lower the risk of staff and passengers being exposed to the virus. These policies vary from company to company, so it's crucial to research your airline's procedures before booking a flight. Most airlines are requiring everyone to wear face masks. Others are flying at half capacity, increasing the frequency of cleaning procedures or conducting temperature checks before allowing anyone on their airplanes. Airlines are being transparent about their requirements so you can fly on an airplane where you feel as safe as possible.

Related Link: [Travel Tips: Traveling During the Coronavirus Outbreak](#)

2. Masks and Sanitizers are Your Friends

You should be wearing a face mask the entire time you're traveling, regardless of what the airport or airline recommends. It's also important to bring hand sanitizer and wipes to keep your hands clean and to sanitize the surfaces you'll be touching throughout the flight. If possible, skip using the bathroom while flying. You'll expose yourself to more germs walking to the bathroom and touching the surfaces while in there. If the flight has unassigned seats, try to sit by the window so you'll have less contact with those walking down the aisle.

Related Link: [Travel Tips During the Pandemic: Should We Cancel Summer Travel Plans?](#)

3. Self-Quarantine at Your New Location

Traveling from city to city and state to state brings you into contact with countless people. You should self-quarantine for two weeks after your arrival if possible to make sure you didn't catch COVID-19 and won't get anyone else sick. This should be easy for those making necessary trips—like moving into a new home in a different city—but it's not great news for those looking to vacation. This is something you have to consider if you want to book a trip. Are you willing to take the necessary health precautions, even if it means sitting in a hotel room for two weeks?

Would you be comfortable with flying on an airplane right now? Start a conversation in the comments below!

Celebrity Baby News: Emma

Roberts Is Pregnant with First Child



By Diana Iscenko

In the latest [celebrity news](#), Emma Roberts is expecting her first child with boyfriend Garrett Hedlund. The pregnancy was reported by *UsMagazine.com* last Thursday and has been confirmed by Roberts' mom, Kelly Cunningham. Cunningham replied to fan comments on Instagram, saying she is "very excited" to welcome Roberts' [celebrity baby](#) to their family. The [celebrity couple](#) has been dating since March 2019, after Roberts ended a five-year relationship with *American Horror Story* co-star Evan Peters.

In celebrity baby news, Emma Roberts is expecting her first child with her boyfriend of just over a year, Garrett Hedlund. What are some ways to prepare your relationship for a child during an expected pregnancy?

Cupid's Advice:

Parenthood will completely change your relationship with your partner. It can be overwhelming for this to change with the birth of your child. If you need help babyproofing your relationship, Cupid has some advice for you:

1. Remember the pre-pregnancy days: Before your little one's arrival, reminisce with your partner about your relationship pre-parenthood. It's okay to be sad about some of the freedoms you two will be losing. Acknowledge the "loss" by celebrating the end of this part of your relationship.

Related Link: [Celebrity Baby News: Gigi Hadid & Zayn Malik Are Expecting First Child](#)

2. Talk about expectations: Discuss what roles you and your partner will fall into when your child arrives. There will be more work that needs to be done so its crucial that you and your partner discuss what each of you will be doing to contribute.

Related Link: [Celebrity Baby News: Former 'Pump Rules' Star Stassi Shroeder Reveals Sex of First Child](#)

3. Hold on to small moments: Learn to appreciate the little things you and your partner do for each other before your baby

arrives. Once you have a newborn, there will be less time for date nights and grand romantic gestures. Appreciate the smaller signs that your partner is here for you.

How did you prepare your relationship for parenthood? Start a conversation in the comments below!

Celebrity Couple News: Find Out How Cardi B & Offset Make Their Relationship Work



By Diana Iscenko

In the latest [celebrity news](#), hip-hop power couple Cardi B and Offset pass the two-year anniversary of announcing their [celebrity wedding](#). In June 2018, Cardi B announced the couple had been married for nine months. The rapper said that there are aspects of her life she wants to keep private, which included their marriage: “Our relationship was so new breaking up and making up and we had a lot of growing to do but we was so in love we didn’t want to lose each other.” The [celebrity couple](#) had a lot of ups and downs in their relationship: their secret marriage, a cheating scandal, the birth of their daughter and a period of separation, to name a few. Despite the chaos, the couple has remained strong over the past three years. Cardi B told Vogue: “Me and my husband, we prayed on it... It’s really us against the world.”

In celebrity couple news, Cardi B and her husband Offset have had their share of ups and downs. How do you rise above difficult times in a relationship?

Cupid’s Advice:

No couple is perfect, but it can be hard to hold onto your relationship when things are especially rocky. You and your partner both need to work on your relationship. It’s easier said than done to fix the problems in your relationship. If you don’t know where to start, Cupid has some advice for you:

1. Spend more time together: Some relationships struggle when you don’t spend enough time together. Conflicting schedules and long-distance can take a toll on any couple, but it’s important to put the time into it. Plan a day to spend together each week. It doesn’t have to be elaborate: it can be

a Netflix night in or a planned FaceTime call.

Related Link: [Celebrity News: Cardi B Gets New Tattoo of Husband Offset's Name](#)

2. Identify bad behavior: It can be hard to tell exactly what's going wrong in your relationship. It's important to figure out where the negativity is coming from. If it's from outside the relationship—like work stress or mental health issues—you and your partner can tackle it together.

Related Link: [Celebrity Couple News: Kim Kardashian & Kanye West Are on 'Different Pages' Amid Quarantine](#)

3. Hold on to positivity: Relationship problems can feel like they overshadow the positives in a relationship. To fix the issues, you and your partner need to keep trusting and loving each other. If you forget about the good times, you won't have anything to motivate you to get through the issues in your relationship.

How do you and your partner deal with hard times? Start a conversation in the comments below!

Celebrity Break-Up: Jim Edmonds Says Marriage with Meghan King Edmonds Was 'Loveless and Abusive'



By Diana Iscenko

In latest [celebrity news](#), Jim Edmonds accused ex-wife Meghan King Edmonds of abuse in a recent Instagram post. Edmonds posted a picture of his girlfriend, Kortnie O'Connor, captioning it: "If it wasn't for this girl, I don't think I would be here right now." He continues by accusing his [celebrity ex-wife](#) and *Real Housewives* star: "I was going through hell ending a loveless and abusive relationship. The lies and accusations that followed the breakup only put me deeper into a funk." The post's intent was to celebrate the new [celebrity couple](#) but may create drama between the [reality TV](#) exes.

This celebrity break-up was

certainly not drama-free, and accusations are still being thrown out there. What are some ways to keep negativity after a break-up from consuming your life?

Cupid's Advice:

The end of a relationship is always hard, but avoiding drama will make it easier for you and your ex. Even if you can't avoid every awkward moment, Cupid has some advice for you:

1. Take time apart: Do your best to not see your ex, even if you want to be friends after the breakup. Give yourself a couple of months to get used to life on your own before you reach out to your ex again. Staying too interconnected after a breakup will prevent you (and your ex!) from moving on.

Related Link: [Celebrity Breakup: Teresa & Joe Giudice Talk Divorce in Interview with Andy Cohen](#)

2. Set boundaries: Sometimes you can't avoid your ex. Maybe you work together or have close mutual friends. You and your ex need to establish boundaries. Discuss what you're comfortable with when you do see each other and be adamant about not falling back into your old habits.

Related Link: [Celebrity Break-Up: Kenya Moore's Husband Marc Daly Reportedly Had Multiple Affairs Before Split](#)

3. Avoid social media: After the breakup, take some time before going on social media. Seeing what your ex is doing will cause unnecessary hurt and drama. You might also want to keep your breakup off the internet at first. You may not be ready to talk about the breakup with those outside your inner circle.

How do you keep things drama-free with your exes? Start a conversation in the comments below!