


Relationship Advice: How Can You Seamlessly Welcome A New Baby?



 By Dr. Jane Greer

There is no question that the announcement of a baby brother or sister is exciting. It can be a wonderful time when you are expanding your family and planning to welcome your next child into your home. Prince Harry and Meghan Markle recently told the world that they are thrilled to be expecting baby number two who will join big brother Archie. And while everyone rightfully expects this time to be joyful, it can also be stressful and harder than you might think to navigate. With the...*Arrival* of your newest addition, for the child who is already there it actually can be a...*Rival*. They may worry about what it will be like to have to share their parents' attention and may fear that they will stop being the center of their parents' world. And while the prospective parents may view it as a gain, the child can see it as a loss. So how can you make the experience less fraught and more positive?

There are certain things to keep in mind which will help make the homecoming of your new family member as smooth as it can be.

The first thing you can do is to include your child or children in the adventure of your pregnancy so they feel a part of it, and so they can get excited about being involved. Help your child look forward to the birth of their new sibling

by sharing with them how the baby is developing, and how their presence will enhance the family unit and not take away from it. If you are able to illustrate how much they can contribute and be helpful to you in caring for their new brother or sister – whatever that might mean based on how old they are – they can look forward to feeling valued and needed.

Another thing to consider is how birth order will affect the dynamics of your family unit. I talk about this in my book *Adult Sibling Rivalry: Understanding the Legacy of Childhood*. It is fairly well accepted that we make decisions about how many children we want to have based on the structure of our family of origin. For example, if you are one of four kids, that can seem normal and comfortable, and you may want to replicate that when you begin to discuss building your own family. What isn't talked about as much is the fact that your place in your family growing up – whether you were the baby or the oldest, the middle child or an only child – can often shape how we interact with our own children. If you were the youngest and were always pampered, you may look to treat your youngest the same way. If you were the oldest and felt you were given too much responsibility, you could take that in two possible directions. The first is to offset what you thought of as negative treatment and consequently be more indulgent with your first child, thereby letting them off the hook. Or you might take the opposite approach and think if I had to do it then they should too, and therefore be more strict with them. Recognizing this in yourself can help you as you prepare for your new baby, and how you might relate to them based on your family experience.

The crux of sibling rivalry is having to share your parents love with your sisters and brothers, and worrying that you won't get your fair share. Everyone understands that. But it is possible to use this necessary sharing as a means to learn how to compromise, how to care about your siblings and develop concern for the best interest of others, how to deal with


disappointments, and finally how to accept that you can't always have your way. Taking this into account, sibling rivalry can be viewed as a positive experience.

If Harry and Meghan keep these things in mind, they will likely be hands-on equipped to deal with the unknown and the sibling rivalry that is an inevitable part of an expanding family, and you can be, too.

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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.

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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.

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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!

Royal Celebrity Couple Prince Harry & Meghan Markle Take Aim At Online Negativity



 By Carly Silva

In the [latest celebrity news](#), Prince Harry and Meghan Markle spoke out against online negativity during an appearance on ABC's *Time 100* special on Tuesday. According to *EOnline.com*, the royal [celebrity couple](#) addressed the importance of rejecting hate speech and misinformation online, especially going into the upcoming election. They also stressed the

importance of voting this November and encouraged viewers to register to vote.

Royal celebrity couple Harry and Meghan took aim at online negativity during a *Time 100* special. What are some ways to keep online negativity from affecting your relationship?

Cupid's Advice:

Negative comments and criticism online can be really stressful for a couple. If you're looking for ways to keep online negativity from affecting your relationship, Cupid has some advice for you:

1. Talk about it: The first thing to do if you're dealing with online negativity is to talk about it. Sharing your experiences with others may help you notice that others are dealing with similar problems, and you may not feel so alone about it.

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2. Make a joke out of it: Another way to stop online negativity from affecting your relationship is to try not to take it too seriously. Making a joke out of it is a great way to laugh about negativity instead of letting it bog you down.

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3. Do your best to ignore it: No matter how hard you try to

ignore it, sometimes online negativity just has a way of getting to us. Find a way to unplug by limiting the time you spend on social media and blocking accounts that create negative posts.

What are some other ways to keep online negativity from affecting your relationship? Start a conversation in the comments below!

Royal Celebrity Couple Prince Harry & Meghan Markle Step Out in Matching Masks in Beverly Hills



 By Alycia Williams

In latest [celebrity news](#), [celebrity couple](#) Prince Harry and Meghan Markle are enjoying their time together in Los Angeles. The Duke and Duchess of Sussex were spotted on Friday afternoon, walking side-by-side as they waited for their car from a valet in Beverly Hills, wearing matching face masks. Harry and Meghan relocated to California with their one-year-old son Archie in March, and the couple is said to be living in Tyler Perry's Beverly Hills mansion.

This royal celebrity couple is

following protocol when it comes to COVID-19. What are some ways to support each other through the pandemic?

Cupid's Advice:

This pandemic has been a crazy roller coaster ride and it's hard to determine what's coming next, which can make your relationship rocky after a while. If you are looking for ways to support your partner through the pandemic, Cupid has some advice for you:

1. Make time for each other: It can be easy to get set in your ways and do what you want to do during the pandemic, but set aside some time for your partner. Whether it's twice a week, once a week, or everyday, it's nice to have time specifically set aside for your partner.

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2. Try to get out when you can: Being in the house all day can be really suffocating, so try to get out with your partner. You don't have to go to an extravagant place together; it can be just a walk around the block or you can sit right outside your door together. Try to breathe in that fresh air together.


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3. Alone time is okay: Being together is great, but having some alone time can be really therapeutic for you both. You should also set aside time for you both to be separate and do what you want to do what you want with your free time.

What are some other ways to support each other through the pandemic? Start a conversation in the comments below!

Royal Celebrity Couple: Prince Harry & Meghan Markle Settle in Los Angeles



 By Ellie Rice

In the latest [celebrity news](#), Prince Harry and Meghan Markle have decided to settle down in Los Angeles. According to *UsMagazine.com*, the news came swiftly after it was revealed that Markle's voice would be featured in Disney's latest documentary, *Elephant*. The move from Canada to California will definitely make Markle's Hollywood return much easier!

This celebrity couple has relocated, and it seems Meghan Markle will be heading back to her show business roots. What are some ways having an active career can keep your relationship healthy?

Cupid's Advice:

Many couples find that work is a great way to forge a closer

bond with each other. If you're curious how an active career can help your relationship, Cupid has some advice for you:

1. Increased financial stability: Having two sources of income can ease financial stress in your relationship. If you are both supporting the relationship in a monetary sense, it will allow for less of a strain to be felt. If you are both making money then you can share responsibilities when it comes to bills and fun!

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2. A point of conversation: An easy starter to any dinner time chat with your partner is work. Telling each other about your days at the office surrounded by your crazy coworkers can be an exciting part of any couple's nightly routine. It's also a total stress reliever. Being able to openly share with your significant other about what has been going on at work can help you to be more open in your relationship, while taking care of your own mental health.

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3. A sense of accomplishment: Feeling proud of what you are completing at work will allow you to bring that confidence home with you. Being able to express your pride to your partner is something that will feel like a wonderful accomplishment. Allow your partner to do the same and show them how supportive you are of their goals. This will bring the two of you infinitely closer.

How does having an active career affect your relationship? Start a conversation in the comments below!

Royal Celebrity Couple News: Prince Harry & Meghan Markle Experience 'Different World' in Canada



By Ellie Rice

In the latest [celebrity news](#), Prince Harry and Meghan Markle have started their newfound life in North America! According to *UsMagazine.com*, the pair will be spending a lot of their time in Canada as they relinquish their royal duties. These two always seem to be in the news, so we hope this move will allow them to spend quality time with baby Archie!

This royal celebrity couple is enjoying life under the radar in Canada. What are some ways to change your lifestyle as a couple if you're unhappy?

Cupid's Advice:

Feeling happy and healthy in your relationship are two obvious keys to partnership success. So if one is missing, Cupid has some advice for you:

1. Make a move: Take a page out of the royal playbook and

switch things up! Maybe a change of scenery is exactly what your relationship needs.

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2. Try something new: If you're feeling like your relationship is lacking the excitement it once held, then spice things up! Try experiencing something new with your partner each week to rebuild your passion and connection.

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3. Talk it out: Get to the root of the problem and figure out what it is that's making you two so unhappy. Try seeking professional guidance and go to couples therapy.

How would you change an unhappy lifestyle? Start a conversation in the comments below!

Celebrity News: Prince Harry & Duchess Meghan Are Considering Moving to Canada



 By Ahjané Forbes

In [celebrity news](#), British royalty may be moving to Canada! According to *UsMagazine.com*, Prince Harry and Duchess Meghan are considering a move to the Great White North, where Meghan Markle used to film the *Suits*. The [celebrity couple](#) plan to stay in Kensington Palace for now with their [celebrity baby](#),

Archie.

In celebrity news, this royal couple is considering a move to Canada. What are some ways to compromise with your partner about where to live?

Cupid's Advice:

Getting serious in a relationship means that you will have to start making choices with and for the benefit of your partner. This may mean considering a relocation for career or family reasons. Cupid has some advice on how to help make the discussion a smoother one:

1. Listen to their reasons: You don't have to be fond of moving to another state or country. It is normal to feel this way. Changing your environment is a huge adjustment, but hear your partner out. Ask them: how will this help us or our family? Weigh the pros and cons, and try to remain reasonable.

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2. Let them know your concerns: If you feel that you won't get enough money in the location being discussed for work, tell them this! Also, share your thoughts on cost of living, school systems, and transportation (if needed). Work on focusing on common ground. Show them what you are looking for in a place you want to call your home.

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3. Take a trip there: The only way you'll know if you like a new location is if you go there in person. Cruise around and

go sightseeing. This will help you become more accustomed to the area. Let your partner show you the city they love through a different perspective.

What are some ways you can agree on a place your partner wants to live? Let us know in the comments below!

Celebrity Couple News: Duchess Meghan Comments On Her Relationship with Prince Harry to Pharrell



By [Bonnie Griffin](#)

In the latest [celebrity couple news](#), Duchess [Meghan Markle](#) opened up to singer, Pharell, about the difficulties of having her relationship always in the spotlight. According to *UsMagazine.com*, Meghan said “They don’t make it easy,” seemingly referring to the constant public scrutiny her and Prince Harry’s relationship is always under. Every relationship has its own complicated parts, and this [celebrity couple](#) clearly states that having all of your personal life on display for the world to talk about isn’t easy.

In celebrity couple news, Duchess Meghan was honest about having a

relationship in the spotlight. What are some ways to handle scrutiny of your relationship?

Cupid's Advice:

Whether your relationship is constantly in the public eye like the Duchess and Prince, or you find your family and friends nitpicking your every move, it's no fun being scrutinized by others. Cupid has some advice on how to handle the scrutiny of your relationship:

1. Ignore it: The number one thing to do is just ignore what others have to say about your relationship. If they are not a part of your relationship, then their scrutiny does not have to hold any bearing on how you and your partner feel for each other.

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2. Openly communicate with your partner: What is most important is that you and your partner are openly communicating with one another. If others are trying to drag your relationship down, or are saying hurtful things, then it is important that the two of you are open with each other and share your feelings about the situation. You don't want to take out your frustration with others on your partner.

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3. Stand up for each other: It's important that you and your partner stand up for each other. It is a sign you love and respect each other that you stand together in the face of scrutiny and don't allow others to disrespect your partner.

What are some ways you might stand up to scrutiny against your relationship? Let us know your thoughts in the comments below.

Royal Celebrity Parents: Meghan Markle & Prince Harry Are ‘Enjoying Each Day’ with Baby Archie



By [Katie Sotack](#)

Royals Meghan Markle and Prince Harry are stowed away in Windsor and “enjoying each day” with their eight week old [celebrity baby](#), Archie. According to *People.com*, the celebrity parents are focused on giving Archie a peaceful start to life, hence the escape to a private cottage. A royal source says they are “basking in the glow and enjoying each day”. Like all new parents, the royal couple are living soulfully in their new baby’s needs and wants, discovering his newness every day that they spend with him.

These royal celebrity parents are enjoying the time with their infant son. What are some ways to bond as

a couple in the face of parenthood?

Cupid's Advice:

New parenthood is filled with as many challenges as it is joys. Making time for your partner when this new life has become your world can feel impossible. Here are relationship tips for parents looking to bond outside of their baby:

1. Make time for one another: With your new baby becoming the center of your world, it's difficult to make time for each other. However, having one-on-one time is essential to a sturdy relationship and ultimately the growth of your baby. Go on a date together or just sit and talk after the baby's gone to bed.

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2. Enlist a trusted relative or friend: Give yourself a break and recruit a member of your inner circle to watch your children so you parents can have alone time. Make sure you have faith in their child care abilities and your child is familiar with the care taker so that you don't spend your date worried out of your mind.

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3. Cut each other some slack: Being a parent isn't easy. When your partner makes a mistake, don't go after them. Instead understand where they're coming from and that we're all human. As long as your baby's safe, chances are they won't remember the tiny screw up.

How do you make time for your partner as a parent? Share in the comments below!

Celebrity Interview: 'Harry and Meghan: Becoming Royal' Actor Noah Huntley Talks Career, Charity & Relationships



Interview by [Courtney Shapiro](#). Written by [Courtney Shapiro](#)

Notorious for his roles in dramas and fantastical films, including *The Royals*, *The Chronicles of Narnia*, and *Snow White and the Huntsman*, it is no surprise that London native Noah Huntley was cast in the new and exciting TV movie, *Harry and Meghan: Becoming Royal*.

In our exclusive [celebrity interview](#), we chat with Huntley about how his childhood helped shape his career path, what he really thinks about the Royals, as well as his charity work and the projects he's excited to take on in the future.

Celebrity Interview with Noah Huntley: Early Career Path, Real Thoughts on the Royals, and Future Endeavors

Huntley came from humble beginnings, as he grew up with seven siblings and had to carve out individual opportunities for

himself. "It was slightly by happenstance because my parents had three sets of twins. You kind of thought to make your own rules," explains Huntley. He and his siblings went through a mix of private schools, home education, and state schools, until age 11 when the Sussex native attended a less expensive stage school for a year and a half to save his parents money. "I didn't really think I was cut out for such an overtly theatrical life; I wasn't going to be a tap dancer," he explains. But, that didn't stop him from finding a passion in acting while there. From that point on, he was hooked. "I got an agent and I kept working basically until I was 19 or 20, and I did a series in England called *Emmerdale* for two years, and that got me started."

Before landing some of his larger roles, the actor also spent time in the fashion world as a model. Expanding upon how he got into it, Huntley says, "My mother was doing a degree in textiles, so that was always there in the background. I came out of a soap and very much focused on film and theater for the next 10 years really. Then, I was in LA and I was broke, probably about 10 years ago, and did a little bit of modeling just to earn some money, and I thought nobody would see it, but it went really well." Huntley partnered with big names like Annie Leibovitz and L'Oreal, and his time modeling allowed him to put money in the bank as he continued to pursue his passion in acting.

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Over the years, Huntley has played many different types of characters. To prepare for various roles, he says "it's usually about finding something in your own life or in your own character or personality that you can apply to a character that you're playing." Huntley also adds that certain character's voices immediately get in your head. "It suddenly clicks and you go, oh, that's the voice that the tone comes to me. Directors maybe see a different version of it, but to me,

it's the voice, and when you get that voice, then it sort of embodies a lot of the character and very often that's key to unlocking the character you're playing."

Speaking of characters, Huntley's most recent role is that of Caspian in the new Lifetime TV movie, *Harry and Meghan: Becoming Royal*. In the movie, Caspian is one of the co-hosts on the fictional broadcast program, *Good Day U. K.*, who often describes his disdain for Meghan and her romance with the Prince. The actor admits, "It's a really fun character to play. It's kind of the voice of the public in terms of media and how easily that partly represents the questions of the public, but it's also very invasive, and to some extent has an agenda on getting the sensational scoop for a story." On the other hand, his co-star, Louise Bond, who plays the other host on the broadcast, is the voice of reason and passion. "I'm really the yang to her yin in that respect," Huntley explains.

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However, Huntley's real life views on the royal [celebrity couple](#) don't align with his character Caspian's. "There is an element of celebrity that goes along with being part of the royal family. It talks about the political demands and expectations of the royals and then the other side of it, which is there should be no political agenda," the actor elaborates. "So, I think that's a fascinating argument. My character Caspian is kind of exploring the underside of that rather than getting caught up on the fashion and the glossy cozy fairy tale that is the royal family."

The fact is, Prince Harry and Duchess Meghan are mostly portrayed in the media as having a fairy tale romance. In contrast, Huntley's love life is far from that. When asked about what he looks for in a significant other, Huntley jokingly confesses, "Oh God, don't ask me! I seem to just fail

at it miserably, and I think three years was my longest relationship.” However, the *Harry and Meghan: Becoming Royal* star does point to selflessness as one of the keys to a successful relationship. He adds, “I think that fairy tale in terms of love, is almost transcendental. It’s something that’s bigger than the sum of its parts.”

Huntley may not be fulfilling selflessness in a current relationship, but he certainly applies it in his philanthropic endeavors. During the filming of *The Chronicles of Narnia*, Huntley was cast, but told he wouldn’t be receiving payment for the role. He would only be earning residuals from the film, so he decided, “I’ll do it for free, and you can donate more money to my my nominated charity and that’s the way I prefer it to be rather than take any any money for it.” Huntley supports Greenpeace, Bloodwise and The Actors Benevolent Fund, among other charitable organizations.

Aside from filming *Harry and Meghan: Becoming Royal*, and taking a passionate step into charity, Huntley is currently working on a new show called *Pandora* that will air on the CW coming out this July. The actor confesses, “I’ve wanted to do sci-fi for a long time.” In the show, Huntley plays the head of a military training academy, who he admits “is potentially a bully.” Huntley is greatly looking forward to this project, which is unlike anything he’s starred in previously.

You can watch Noah Huntley as Caspian in ‘*Harry and Meghan: Becoming Royal*’ on Lifetime, premiering May 27th. You can also follow Noah on [Instagram](#) and [Twitter](#).

Celebrity News: Duchess Kate & Duchess Meghan Are 'Bonding Over Motherhood'



By [Mara Miller](#)

In the latest [celebrity news](#), the arrival of the royal [celebrity couple](#) Duchess Meghan and Prince Harry's royal [celebrity baby](#), Archie Harrison Mountbatten-Winsor, means the Duchess will be spending more time with her celebrity royal sister-in-law, [Duchess Kate](#). According to *UsMagazine.com*, an insider received this information from the palace, saying, "Meghan and Kate will be spending a lot more time together. Now that they're bonding over motherhood, they've become closer than ever." Aw! It's great to see that these royal sisters-in-law are putting aside their differences to bond as mothers of the next generation of the royal family.

In celebrity news, the alleged rivalry may be over between the two Duchesses, in favor of bonding over motherhood. What are some ways being parents can bring you and your partner closer together?

Cupid's Advice:

A new baby in the family is an exciting time for you and your partner. Here are a few ways that being new parents can bring you closer together:

1. You'll learn to lean on each other more: Sleepless nights with a crying baby, frustration over breastfeeding, learning to cope with new feelings that come along with having a new baby... All of these things will lead to you and your partner learning to lean on each other in ways you didn't before. You have a new little person who needs you and it won't work if you don't learn how to lean on each other.

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2. Sleep deprivation: Sleep deprivation has a tendency to bring out our true selves. You won't realize how true your love for your partner is when the baby is screaming and you're both sleep deprived. Or how wonderful your partner is until they tell you to get rest when they tend the baby after nearly biting their head off.

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3. You'll savor moments alone together: The first few months after the birth of your baby will give you both little time to be together. When you are finally comfortable with baby spending time with your parents/in-laws, you and your partner will enjoy the small date at the movies or extra time to sleep in together.

Can you think of any other ways you and your partner can bond over parenthood? Let us know in the comments below!

Celebrity Baby News: Duchess Meghan Has Been 'Very Emotional' Since Welcoming Baby Boy



By [Mara Miller](#)

In [celebrity news](#), [celebrity couple](#) Duchess Meghan and Prince Harry welcomed their new baby boy on May 6th. According to an exclusive source from *UsMagazine.com*, Duchess Meghan has been very emotional since welcoming her new bundle of joy! "This is definitely my first birth," Prince Harry said. "I am so incredibly proud of my wife and as every father and parent would ever say, your baby is absolutely amazing, but this little thing is absolutely to die for, so I'm just over the moon."

In royal celebrity baby news, Duchess Meghan was 'very emotional' after welcoming her son into the world. What are some ways to support your partner's emotions after the birth of your child?

Cupid's Advice:

Emotions can be all over the place after you go through the birth of a child, and it's important that your partner supports you. Cupid has some tips:

1. Let her cry or get emotional: Don't try to fix it. If she needs to cry, let her cry. Comforting her is the most important thing you can do. She needs time to process what happened during the birth and her feelings over becoming a Mom.

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2. If she's breastfeeding: Make sure she's getting enough water while the baby nurses. Not enough water can leave her dehydrated and exhausted.

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3. Praise her: New mothers sometimes doubt themselves so give her encouragement if she starts showing signs of being overwhelmed. And don't forget to tell her how much you love her!

What are some more ways you can support your partner's after the birth of your baby? Let us know in the comments below!

Royal Celebrity Baby News: Meghan Markle & Prince Harry Welcome First Child



 By [Mara Miller](#)

In the latest royal [celebrity baby](#) news, [celebrity couple](#)

Meghan Markle and Prince Harry welcomed their baby boy to the world on May 6th. According to *UsMagazine.com*, they announced the birth of their son on the royal Instagram account, saying, "We are pleased to announce that Their Royal Highnesses The Duke and Duchess of Sussex welcomed their firstborn child in the early morning on May 6th, 2019. Their Highnesses' son weighs 7 lbs. 3 oz. The duchess and baby are both healthy and well, and the couple thanks members of the public for their shared excitement and support during this very special time in their lives. More details will be shared in the forthcoming days." The Duke and Duchess have not yet announced their baby's name, but we're excited to find out more!

In royal celebrity baby news, Duchess Meghan and Prince Harry have welcomed their son. What are ways to introduce your child to your family and friends?

Cupid's Advice:

A new baby in the family is exciting for everyone! Here are a few ways you can introduce your child to your family and friends:

1. A social media update: Everyone's first thought after the baby is born is, is Mom okay too? A picture of the new addition to your family after everything has settled down is the best way to quell anyone's worry!

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2. Email/text the birth announcement: A mass email or text message announcing your baby's birth is a quick way to let

everyone know your new bundle of joy has arrived.

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3. Personalized candy announcement: Order some personalized chocolate bars or taffy to announce your baby's arrival! It's a sweet way to announce the name you've chosen and the date of their birth.

What are some other ways to introduce your new baby to family and friends? Let us know in the comments below.

Top 2019 Fitness & Wellness Trends to Watch



 By [Mara Miller](#)

Wellness and [fitness trends](#) are ever-changing. Unfortunately, we do have busy lives, so even though we want to brave a class at a Metaformer studio, it might be better for us to do a simpler workout with an online class. You may also be thinking more about brain health as well. We've gathered several trends for you to keep an eye on if you're looking to shed a few pounds!

Top 2019 Fitness & Wellness Trends to Watch

1. Isometric strength training: This fitness trend involves

working out in place. The idea behind it is to focus on the way muscles supposed to move rather than some of the intense workouts like throwing a tire. A yoga plank, for example, is considered an isometric strength training.

Related Link: [Fitness Trend: Isometric Strength Training](#)

2. The brain: Language and math skills aren't the only things you need to work on if you want to keep your brain in tip-top shape. This year, more people are focusing on brain health—more specifically, your cognitive skills. Apps like Lumosity are geared toward brain wellness to help you keep your brain challenged.

Related Link: [Fitness Tips: 7 Ways to Speed Up Weight Loss](#)

3. Megaformer workouts: Celebrities like Meghan Markle and [Kim Kardashian](#) love this machine, which appears intimidating at first sight. Megaformer studios are popping up across the country. The workout with the Megaformer is meant to challenge the body while doing Pilates.

4. Online Workouts: Workouts that involve being able to access instructor-led online classes have been gaining popularity lately. Online classes mean you can do the workout wherever you want, be it at your home-office, during your lunch break at work, or on your weekend getaway with your honey. It's also great if you have an erratic schedule and can't commit to classes on a set time block.

5. Wearable Technology: Our smartwatches, if you are willing to spend the money, can do everything from reminding you to stand during the day to monitoring your heart rate. Smartwatches can help not only with our workouts but also wellness since they can monitor your sleep. Some people have even found heart conditions by wearing a smartwatch. So if you've been eyeing the latest Apple Watch or Fitbit, you may be justified in your purchase.

What are some other 2019 fitness and wellness trends are you watching? Let us know in the comments below!

Celebrity Couple: Royal Celebrity Couples Face Online Bullying



 by [Mara Miller](#)

Kensington Palace is worried about online bullying against the royal [celebrity couples](#), [Kate Middleton](#) and [Prince William](#), and Meghan Markle and Prince Harry. In the latest celebrity news, according to [People.com](#). Kensington Palace staff have spent countless hours monitoring negative comments aimed toward the royal sisters-in-law. These comments often try to pit Duchesses Middleton and Markle against each other, with fans of both taking sides and arguing among themselves. In some rare cases, there have even been serious threats of harm. The cyber bullying isn't just toward both women: Kate and Meghan fans often turn against, and threaten, each other.

The Royal Celebrity Couples are facing terrible comments on social media and, in response, Kensington Palace is making a peace movement.

What are ways can adults cultivate a positive experience online?

Cupid's Advice:

Kensington Palace has been locking down the comments on social media about the royal family. While it might be easy to act thoughtlessly online without caring about another person's feelings, bullying has serious emotional repercussions that have, in some cases, led to suicide when an online social interaction is not as easily monitored. We should all strive for a positive online experience. Here are some ways to achieve it.

1. Remember the Golden Rule: Remember the saying, "If you can't say anything nice, don't say anything at all?" Apply this logic to any future comments you might make online in a public forum. Realize the comments you are making are about real people, too. It's easy to get into shipping wars when we adore our royalty and our celebrities, but they have feelings and busy lives just like we do. Would you want to hurt your favorite celebrity because you've said something terrible about one of their family members when they're trying to work out their personal differences?

Related Link: [Celebrity Babies: Duchess Kate Middleton Talks about the Difficulties of Being a Mom](#)

2. Report Threatening Behavior: If you're on a forum like Facebook or Twitter, you can report any threats toward someone who is getting bullied. Often, there is the option to block a specific user. Never make any threats yourself. While there are no exact laws against cyber bullying, it is still a form of harassment and there can be legal ramifications if you're caught.

Related Link: [Royal Celebrity News: Prince Harry Feels 'Responsible' For Meghan Markle 'Being So Miserable'](#)

3. Just Walk Away: The best thing to do is ignore it, even when you might really want to make that comment to try to make an internet troll go away. Bullying can take away the enjoyment of the video or article you're trying to read and put you in a horrible mood when you could have just ignored someone else's childish behavior.

What are some other ways that adults can cultivate a positive online experience?

Celebrity Baby: Meghan Markle Reveals Due Date



 By Mara Miller

In the latest royal [celebrity baby](#) news, Meghan Markle revealed her due date during a walkabout in Hamilton Square with Prince Harry, according to *EOnline.com*. Markle is currently six months pregnant; the [celebrity couple](#) is expecting their first baby between April and May. The Duchess and Prince have decided to wait to find out the gender of their baby. This is the closest confirmation of her due date available since Kensington Palace previously announced the baby is expected in Spring 2019.

Meghan Markle and Prince Harry are about to have their first celebrity

baby. What are some ways of announcing your due date to the world?

Cupid's Advice:

Announcing your due date isn't something you need to keep a secret if you don't want to. What are some ways you can tell your family and friends your exciting news?

1. Photographs: You could do a mini photo shoot with the ultrasound picture and baby shoes. If you have an older child or a pet, include them in the announcement photo. You could have your older child standing next to a chalkboard with something that says, "Big (sister or brother) starting (insert due date)". For your pet, you could do something like taking a picture of their paws next to baby shoes. Have fun and get creative!

Related Link: [Prince Harry Reveals His Nickname for the Royal Celebrity Baby](#)

2. Announce to immediate family: Announcing your pregnancy and due date is an exciting time for you and your partner, as well as for your family and friend. If you don't want to immediately let everyone on social media know before your close circle does, plan unique announcements for each group! Don't let the pressure of sharing your due date stress you out; it doesn't have to be extravagant. A phone call to your mother (instead of texting) means more because it's personal. Or maybe a cup that says, "World's Best Grandma/Grandpa/Uncle/Aunt" and a picture of the ultrasound with the due date will be more memorable for years to come.

Related Link: [Celebrity Baby News: Prince Charles Teases Baby Names for Duchess Meghan and Prince Harry](#)

3. Make something special (or have something special) made to celebrate: You can go beyond having a cup made when you announce your due date. If you're creative with programs like Photoshop, you could create a movie poster with the due date or make a small trailer with a video editing program (like iMovie or Windows Movie Maker). If you create the movie poster, you could put it in the baby's room once they're born.

What are some ways you have seen someone announce their due date?

Celebrity News: Prince Harry 'Feels Powerless' Amidst Meghan Markle Royal Drama



 By [Courtney Shapiro](#)

In [celebrity news](#), Prince Harry is feeling pressure with the negativity surrounding his wife Meghan Markle. There has been a bit of a strain on the [celebrity relationship](#) because Prince Harry is "very frustrated with how little can be done" in regards to the harm around the Duchess. According to *UsMagazine.com*, reports have surfaced that Meghan Markle has been feuding with her sister-in-law as well as her private secretary, yet there was no drama with either party. Overall, Prince Harry just wants to be there for his wife.

In celebrity news, Prince Harry is feeling the pressure of the drama surrounding his bride Meghan Markle. What are some ways to support your partner through a hard time?

Cupid's Advice:

How can you support your partner through a hard time? Cupid has some thoughts:

1. Remind them it is only temporary: The hard time your partner is going through isn't going to last forever. Be positive with your partner and reassure them that they can get through the rough patches.

Related Link: [Prince Harry & Duchess Meghan Did Not Attend Priyanka Chopra & Nick Jonas' Wedding](#)

2. Don't add anymore negativity: Your partner might be going through something, and it's best you encourage them rather than put them down. Be gentle, your partner will notice that you're being supportive, and hopefully the rough time will end quickly.


Related Link: [Celeb News: How Miley Cyrus and Liam Hemsworth Beat the Odds to Become One of Hollywood's Most Solid Couples](#)

3. Let your partner know you're really here for them: It might be unspoken that the two of you are always there for each other, but verbalize those feelings. Telling your partner that you're there for them can help ease their worry, and it can help the two of you grow stronger as a couple.

How did you support your partner? Let us know in the comments!

Prince Harry & Duchess Meghan Did Not Attend Priyanka Chopra & Nick Jonas' Wedding



 By Gabrielle Huezo

In latest celebrity news, Priyanka Chopra and Nick Jonas tied the knot this past weekend in India. It was a star-studded event with all of the Jonas Brothers in attendance. Several musical numbers were performed by the talented guests. The couple hosted two ceremonies: a christian wedding officiated by a pastor and a traditional Indian wedding. Prince Harry and Duchess Meghan Markle did not attend the wedding in India. Many speculate that the royals did not make an appearance because of Markle's pregnancy. Priyanka Chopra attended the [royal wedding](#) at Windsor Castle back in May of this year. Chopra and Markle have become best friends, even though they have not known each other for very long. The two friends have shared that they met at the ELLE Women in Television dinner in January 2016.

This celebrity wedding won't include the smiling faces of the royals, unfortunately. What are some factors to consider when you're deciding who to invite to your wedding?

Cupid's Advice:

1. **Pick the venue:** Chopra and Jonas decided to have two

ceremonies and were able to have their reception and celebrations at the Umaid Bhawan Palace in India. A perfect place for a long guest list!

2. **Consider your budget:** Celebrity weddings have the luxury of a ton of money for the joyous occasion. But will you be paying for everything? If you choose a destination wedding like Chopra and Jonas, will you pay for anyone's travel and stay? It might be better to stay put and save the travels for the honeymoon!

Related

Link: <http://cupidspulse.com/55477/8-things-your-wedding-can-do-without/>

3. **Choose a number:** Decide what kind of reception you want to have. Small and intimate or large with excitement? Pick how many people you want to attend the ceremony and reception. For a small guest list stick to family and very close friends. For a long guest list, a wedding is a great time to invite old friends (exes?) and likable coworkers.

Related

Link: <http://cupidspulse.com/13824/prince-william-and-kate-middleton-invite-exes-to-wedding/>

What other factors would you consider when deciding who to invite to your wedding? Comment below!

Celebrity Baby News: Prince

Charles Teases Baby Names for Duchess Meghan & Prince Harry



By [Ivana Jarmon](#)

Prince Charles has jokes! In [celebrity news](#), the Prince teased the moniker on baby names for son Prince Harry and Duchess Meghan's upcoming arrival. "My son Harry tells me that during their recent tour of Australia he and his wife were offered countless thoughtful suggestions for the naming of their forthcoming baby," Charles told a crowd at the Australia House in London. He continued, "Just between us, I suspect that Kylie and Shane may possibly make the short list. But ladies and gentlemen, I would not hold your breath for Edna or Les." The [celebrity couple](#) married earlier this year in May and announced their pregnancy in October, *UsMagazine.com* reports.

In celebrity baby news, Prince Harry and Duchess Meghan are growing closer to their due date. What are some ways to decide on baby names?

Cupid's Advice:

The name you choose for your baby will be a defining piece of his or her identity forever. Whether you want to go with a traditional, trendy or totally unique selecting an ideal name for your newborn can be pretty hard. Cupid has some ways to decide on baby names:

1. Uniqueness: Many parents want the child to have a unique

name that will separate their child from all the Janes and Johns. But sometimes an unusual name can bring your child unwanted attention. When naming your child think about mispronunciation to make sure your child won't be subjected to a lifetime of correcting others

Related Link: [Celebrity Interview: Ashely Iaconetti and Jared Haibon Talk Wedding Plans and Dating Tips](#)

2. Sound: Think about how the name will sound when you call your child name. Does it go well with your last name? Is it nice to hear, or does it sound harsh?

Related Link: [Celebrity Couple Keith Urban & Nicole Kidman Cry Together After He Wins Entertainer of the Year at the CMAs](#)

3. Make a list of names that have personal meaning: This list might include names passed down from family members or influential figures in your lives. There are no rules or limits to what you can name your child. Don't be afraid to consider significant names from different sources such as songs, books, childhood friends anything can be turned in to a special and meaningful baby name.

What are some ways to decide on baby names? Share your thoughts below?

The Exciting World of Celebrity Engagements and Weddings

✖ Members of the general public are fascinated by the love lives of their favorite celebrities. They adore hearing about movie stars and their engagements. They love getting news about musicians, athletes, models and media personalities who are planning glitzy wedding festivities, too. Famous people are often stealthy and protective about their love lives at first. They don't want the media finding out about their plans and perhaps even ruining them. They like to hold on to the small amounts of privacy they can manage.

Many different components go into celebrity romances in the modern age. Find out more!

Some celebrities take to social media platforms to inform the public of their engagements. Other celebrities choose to take a more mysterious route. People often hear about massive [celebrity weddings](#) after the fact. It isn't unusual to hear about film stars who elope in different nations. It isn't uncommon to hear about television stars who get married in lavish ceremonies on the beach, in the mountains, all the way across the ocean in Italy and perhaps even at city hall with no one around.

Rings are a big part of the culture of a celebrity marriage. This isn't a surprise. It can be fascinating to stare at engagement rings. It can be just as riveting to look at wedding rings. People can't wait to see the enormous "rocks" on celebrity fingers. These rings often cost celebrities pretty pennies, too. People who look online and in magazines often see close-up pictures showcasing these rings from every angle possible. It doesn't matter if it's a chic [black engagement ring with diamonds](#); it doesn't matter if it's contemporary or classic. People want to see the ring that Pete Davidson got for Ariana Grande. They want to see what Prince

Harry and Meghan Markle have.

Engaged couples of all kinds regularly hire professional wedding planners to assist them with their big days. Celebrity weddings are often high-end affairs with impressive guest lists, stunning surroundings, and high-end design components. That's the reason that it makes complete sense for celebrities to recruit professional assistance. It's not exactly a small feat to put together a successful wedding for an individual who is in the public eye. It can be particularly tough to orchestrate a strong wedding for two famous people. Celebrities tend to work with wedding planners who have amazing track records and well-known client bases. These professionals are often based in large cities like Los Angeles, New York, Chicago, and London.

Wedding planners for celebrities often have difficult jobs on their plates. They have to select the ideal venues, first and foremost. Celebrities are like anyone else in that they can be rather fussy about the venue selection process. Some celebrities prefer the idea of venues that are comparatively intimate and small. Others like the concept of venues that are larger than life. Celebrity wedding planners have to strike a delicate balance. They have to be able to locate venues that are simultaneously "deluxe" and private. Fortunately, there are venues all over the planet that fit this description. Some celebrity couples tie the knot inside of rustic farmhouses that are located in picturesque New England. Others kick off married life in five-star hotels situated in the heart of energetic Manhattan. There are always many interesting choices accessible to diligent wedding planners.

Food is a major part of any wedding. Wedding planners for celebrities naturally have to make arrangements that pertain to menus. There are quite a few credible and widely known catering businesses that are suitable for five-star weddings. They specialize in all kinds of cuisines, too. A celebrity affair may include main dishes from France, Italy, Mexico,


India or Japan. It may include appetizers from Thailand, Sweden, Peru, and Germany, as well. Highly regarded event catering businesses serve everything from Cajun to Chinese delights.

Peace is a rare thing for many people who are in the public eye. That's the reason that some of the most prominent celebrities are so protective about their engagement and wedding plans. Some celebrities refuse to reveal their plans with regard to their honeymoons. People often have to speculate about their trips. The media made a lot of guesses that related to the honeymoon schedule for Prince Harry and Meghan. They didn't depart for their honeymoon immediately after marrying.

Planning a beautiful and private celebrity wedding does take a lot of arranging, but when planned correctly, it is an amazing time for them and a time for the rest of us to dream about their special day.

Celebrity News: Duchess Meghan's Dad Says She Told Him He Couldn't Make Speech at Her Wedding



 By Rhodesia Williams

In [celebrity news](#), it looks like the relationship between Meghan Markle and her dad may not be repairable. According to

UsMagazine.com, during a [celebrity interview](#), Thomas Markle had a lot to say about the royal wedding. Although there was a lot of [celebrity gossip](#) going around about Markle, in the interview he cleared things up. Markle was upset because he did not receive a formal invitation nor was he allowed to make a small speech congratulating the new [celebrity couple](#). As much as Duchess Meghan would like to fix her now [famous relationship](#) with her father, it looks like it will be a long time before that happens.

In celebrity news, additional details are coming out about Duchess Meghan's dad's involvement in the royal wedding. What are some ways to keep family drama out of your big day?

Cupid's Advice:

As exciting as your big day is, planning it can often be stressful because of family drama. Cupid has some advice on ways to keep family drama out of your big day:

1. Plan smart: The most proactive way to eliminate any possible problems on your big day is to plan ahead. If Uncle Louie doesn't like his ex wife, don't have them sit near each other. While you can't control who will sit near who during the ceremony, the reception is easily where you have more of a handle on what happens. Although it is your big day and you want to enjoy it the way you want, sometimes you have to bite the bullet and compromise on some things. It's safe to say you rather get to have a wedding with family rather than a wedding turned WWE Smackdown match.

Related Link: [Product Review: Beautiful Jewelry By Chamilia That Will Definitely Make Him Notice You](#)

2. Set everyone straight: An aggressive yet proactive way to deal with family drama spilling onto your big day is to simply address it. Let your family know that you will not tolerate any issues on your big day. With emotions running high during a day like a wedding, it is important to speak to anybody who may pose a threat to your big day. Remember keep it short, sweet and respectful. Sometimes people need to be reminded that it's YOUR day and not theirs.

Related Link: [Relationship Advice: How to Handle Engagement Envy](#)

3. Be prepared: Not only mentally, but physically prepare yourself. It may sound negative but depending how much drama you have, you may need to prepare for the worst. As funny as it sounds, it may help to even ask a few trustworthy people to help out incase any unforeseen issues arise. It is your big day and sometimes there are those few that don't remember that. With this, you can keep it mostly to yourself and be able to deal with it without interrupting your festivities.

What are some ways you keep family drama out away from your big day? Share below.

Why Celebrity Couple Prince Harry & Meghan Markle Are

Ignoring Royal Rules

By [Haley Lerner](#)

In [celebrity news](#), royal [celebrity couple](#) Prince Harry and Meghan Markle are apparently ignoring some big royal rules. A source told *People* that Meghan “has found certain rules in the royal household difficult to understand, like the fact that the Queen prefers women in dresses or skirts rather than trouser suits, and is often asking Harry why things have to be done a certain way. I think she finds it a little frustrating at times, but this is her new life, and she has to deal with it.” It appears Meghan is willing to challenge some of the rules of the monarchy, such as public displays of affection. According to *EOnline.com*, Meghan held on tightly to Harry when they made their first public appearance at the 2017 Invictus Games. Meghan has also made it clear she’s not afraid to voice her political opinions, proclaiming that she is proud to be a woman and a feminist on her page of the official British monarchy website. She also voiced her opinions at the first-ever Royal Foundation Forum this past winter, “I hear a lot of people speaking about girls’ empowerment and women’s empowerment; you will hear people saying they are helping women find their voices. I fundamentally disagree with that because women don’t need to find their voices, they need to be empowered to use it and people need to be urged to listen. I think right now in the climate we’re seeing with so many campaigns, with #MeToo and Time’s Up, there’s no better time than to really continue to shine a light on women feeling empowered and people really helping to support them—men included in that.” Meghan also hasn’t shied away from more modest clothing, opting to bear a sliver of her shoulder at her Trooping of Colour debut in June and often wearing suits instead of only wearing the traditional attire of a skirt or dress. Meghan and Harry also chose to make personal decisions

regarding their wedding in May. The couple personalized their wedding vows, had a lemon elderflower cake instead of a traditional fruitcake and chose Reverend Michael Bruce Curry, a Chicago native and the first black presiding bishop of the Episcopal Church, to deliver a sermon on their special day.

This royal celebrity couple isn't all about the royal rules. What are some ways to define your own path as a couple?

Cupid's Advice:

Want to define your own path as a couple with your partner? Cupid has some tips on how to do it:

1. Stick to your morals: Just like Meghan, it's important that you hold on to your morals even while being in a relationship with someone. Don't be afraid to voice your opinions and be proud of what you value.

Related Link: [Royal Celebrity Wedding: Prince Harry & Duchess Meghan Tie the Knot & Release Official Photos](#)

2. Ignore haters: Sometimes, no matter how happy you and your partner are, people still like to cause pointless drama. To forge your own path as a couple, ignore protesters and don't let other people affect your relationship.

Related Link: [Royal Celebrity Wedding: Prince Harry & Meghan Markle 'Snuck Off' Before Reception Ended](#)


3. Make independent decisions: If you want to define your own path as a couple, you and your beau need to be able to make decisions about your lives on your own. Work together to decide what you two need and what kind of lifestyle you want

to live together.

Have any more tips on how to define your own path as a couple with your partner? Comment below!

Celebrity News: Meghan Markle's Ex-Husband Gets Engaged 2 Weeks After Royal Wedding



 By Rhodesia Williams

In [celebrity news](#), looks like Meghan Markle's ex, Trevor Engelson, has announced that he is getting married. According to *People.com*, Engelson, 41, popped the question to his girlfriend, Tracy Kurland, two weeks after the royal wedding of his ex. Engelson and Markle were married for two years before their [celebrity divorce](#). Apparently, the ex [celebrity couple](#) agreed to sacrifice being together so Markle could continue her role on *Suits*. Unfortunately for Engelson, this major sacrifice cost them their celebrity relationship. On the brighter side, Engelson and Kurland can have their own special day. On an Instagram post, Engelson posted a picture of the diamond ring he gave Kurland. He captioned it, "Luckiest guy I know. Get ready to party."

In celebrity news, Meghan Markle's ex isn't about to be overdone! What are some ways to show the world you're over your ex?

Cupid's Advice:

Sometimes people say they are over their ex when they religiously still check their social media or drive past their ex's house. Whether you miss your former partner or not, Cupid has some advice on some ways to show the world you're over your ex:

1. No pettiness: This is probably the hardest one. While you may or may not be over your ex, either way, the worst thing you can do is be petty and do something out of spite. Cupid believes in karma and that whatever you do can very well come back to bite you in the butt. No matter what kind of emotional pain you are in, it won't be worth going out of your way to do something means-spirited. You can't show the world that you still care. Just remember, they don't say karma is always nice.

Related Link: [Relationship Advice: How to Heal a Broken Heart](#)

2. Go out: Enjoy yourself! Don't worry about jumping into the next relationship or taking the next step because you see an ex doing it. Everything will work out for you; don't worry. Enjoy your "me time" and have fun. Laugh and live more with the people who love you. If your ex is lurking, they will definitely see your glow and feel some type of way. Your smile will be your biggest act of revenge.

Related Link: [Relationship Advice: Working Through Your Heartbreak](#)

3. Love yourself: This is a very important, especially if you are still having a rough time. Splits are never easy and it will get better with time. Until then, you can put all that love you have into yourself. Treat yourself to a spa day, or go hang out with friends. You only need positive vibes around you at this time. Once you are around loved ones, you will feel so much better and you can help use that love to guide you back to loving yourself and begin to heal. Loving yourself is allowing to not only love yourself, but to embrace the love of others.

What are some ways you show the world you are over an ex? Share below.

Royal Celebrity Wedding: Prince Harry & Meghan Markle 'Snuck Off' Before Reception Ended



By Rhodesia Williams

In [celebrity news](#), hours after the royal couple said, “I do,” they were seen leaving their reception early. According to *UsMagazine.com*, the [celebrity couple](#), Meghan Markle and Prince Harry, were exhausted after a long, 17 hour day and left their reception at the Frogmore House before it ended. “They let themselves have a few drinks, then they were ready to get back for some rest,” an insider said. Before leaving, the Duke and Duchess enjoyed dancing the evening away with friends and

family. The anticipation alone must have made this [celebrity wedding](#) tiring.

This royal couple snuck off before the official end of their celebrity wedding. What are some ways to keep fatigue at bay on your big day?

Cupid's Advice:

Preparations alone can leave you tired before your big day. Cupid has some advice on how to keep fatigue at bay on your big day:

1. Rest up: Try to pace yourself the week before your big day. If you get enough rest throughout the week, you should be well rested and ready to enjoy your day. Maybe if you are lucky, you can sneak in a quick nap, but how likely is that?

Related Link: [‘Married at First Sight’ Relationship Expert Dr. Joseph Cilona Says, “Each Day Is A New Learning Experience”](#)

2. Have a schedule set: Make a schedule to organize your day. While anything could happen, it will help to have everything written out so you can mentally prepare yourself. It can be simple, like, “bridal party photos at 11.” Sometimes anticipating things puts the mind at ease, and you are a little more relaxed.

Related Link: [Relationship Advice: How to Compromise on Your Nuptials](#)

3. Eat: One of the most important things is to make sure you eat something. We all know how we get when we don't eat, so don't do it to yourself. Light snacks like nuts or apples will keep you energized and still have you looking good in your

dress. Nobody wants to pass out on their big day, so just remember to keep it light and you will be fine.

What are some other ways to stay alert and energetic on your wedding day? Share your thoughts below.