

Health Advice: How to Prevent Weight Gain During the Holidays



B

y Nicole Maher

While there is so much to look forward to during the holiday season, one concern many people face is the possibility of weight gain. With higher calorie counts in holiday meals and the constant temptation of dessert, the idea of gaining weight can make the holidays feel more stressful. Try incorporating some of the following [health advice](#) for keeping your weight consistent this holiday season, and go into the new year feeling your best.

Check out our health advice for preventing weight gain during the holiday season.

1. Stay active: The holidays can be a busy time, but it's important to keep exercising. Try to maintain your normal workout programs during the season to stay on track with your fitness goals. If you don't have time for a full workout on certain days, try completing smaller exercises sporadically throughout the day. By keeping your body in motion, you will prevent yourself from gaining weight and feel confident attending all of your holiday events.

Related Link: [Fitness Tips: How to Shed Holiday Weight After the New Year](#)

2. Control portion sizes: It's the holidays, and you shouldn't miss out on one of your favorite meals simply because you're concerned about gaining weight. Instead, try to manage the amount of food you're putting on your plate. If you know a certain dish has a high number of calories, try taking a smaller serving and counteracting the amount with more vegetables. This is also a great option for holiday desserts. By cutting a slice of cake in half, you'll still be enjoying your holiday favorites while maintaining a healthy diet.

Related Link: [Food Tips: 5 Healthy Lunch Options](#)

3. Modify recipes: Another way to monitor and prevent weight gain during the holidays is to modify recipes. Many holiday dishes and desserts are higher in calories and sugars than meals we may eat on a typical day. By substituting in ingredients with healthier options, you can still enjoy your holiday favorites while controlling your weight. Try switching out sugar with natural sweeteners, or baking a dish rather than frying it to cut down on extra calories.

4. Manage stress levels: Food is not the only factor contributing to weight gain during the holiday season. Stress levels also have a large impact on a person's body, and can cause someone to gain weight. Try finding new ways to manage increased stress during the holiday season, such as keeping a journal, talking to a professional, or allowing for some alone-time. Using this piece of health advice and testing different types of stress management can also provide you with effective ways to manage stress in the new year.

5. Develop a plan: There are going to be times during the holidays when you want to break your diet plan, and that's okay. Instead of constructing a tight plan when approaching the holiday season, allow for your diet plan to have some leeway. Factor in the possibility of having dessert on certain nights, or taking an extra serving of your favorite holiday meal. This will reduce some of the guilt you feel when eating something less healthy, and encourage you to continue your diet afterwards by alleviating any feelings of cheating.

What are some other health tips to prevent weight gain during the holidays? Start a conversation in the comments below.

Celebrity Break-Up: 'RHOBH' Star Erika Jayne & Tom Girardi Split After 21 Years Together



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y Nicole Maher

In the latest [celebrity news](#), *Real Housewives of Beverly Hills*' couple Erika Jayne and Tom Girardi have announced their split. According to *EOnline.com*, their [celebrity break-up](#) comes following 21 years of marriage. The couple had originally met while Jayne was working in West Hollywood and were engaged after six months of dating. Despite being married for two decades, Jayne expressed frustration about the public's continued reference to the couples' age gap.

In celebrity break-up news, it's over for Erika and Tom, who have been together for over two decades.

How do you know when a long-term relationship has run its course?

Cupid's Advice:

Break-ups are never easy, no matter how long you and your partner have been together. However, spending years, or even decades, with another person can make the process of breaking up even more challenging. If you are looking for signs that your long-term relationship has run its course, Cupid has some advice for you:

1. Holding on to happier times: Creating memories together can be one of the best parts of a relationship, but it can also cause people to remain in relationships that are reaching their end. If you find yourself holding on to memories that happened months or years ago, but have not made the same type of memories since, your relationship may have run its course. Breaking-up doesn't mean you have to forget all the great times in your relationship, it opens you up to new experiences.

Related Link: [Celebrity Break-Up: Julianne Hough Files for Divorce from Brooks Laich 5 Months After Split](#)

2. You've grown in different directions: People are constantly growing and changing over the years. It's possible that you and your long-term partner have grown in different ways since the beginning of your relationship. While this is no one's fault, staying together despite your different paths in life may continue to cause conflicts that you're already facing.

Related Link: [Celebrity News: Kristin Cavallari & Jay Cutler Reunite to Celebrate Halloween With Their Kids](#)

3. Loss of feelings: No one wants to be told that their partner has lost feelings for them. Likewise, many people

might not want to admit they've lost feelings for their partner. However, it's possible of the course of a long-term relationship for feelings to change, and holding on to past feelings of love that have disappeared will eventually lead to an unhealthy relationship.

What are some other signs a long-term relationship has run its course? Start a conversation in the comments below.

Food Trend: 5 Festive Dessert Ideas for the Holidays



y Nicole Maher

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The holiday season is upon us, whether we're ready for it or not. Between buying gifts and decorating your house, you may also be tasked with creating the perfect holiday dessert for your gathering this year. If you are mildly dreading the idea of preparing a dessert, or want something different from the traditional fruitcake, check out some of the following [food trends](#) for creating a fresh and unique dessert that will leave your guests asking for the recipe.

Try some of these food trends for creating your most festive holiday desserts.

1. Cheesecake squares: A simple holiday dessert option is cheesecake squares. Mix together cream cheese, sugar, sour cream, and eggs to create the standard base, then add in your favorite flavors and toppings. Rather than shaping your creation into the classic round cake, place the mixture in a square pan and cut the finished product into squares for the perfect bite-sized pieces. Make this dessert even more festive by using strawberries as Santa hats on your finished squares.

Related Link: [Love & Libations: 'Tis The Season For Punch](#)

2. Rice Krispie treats: If you're looking for a dessert that requires minimal ingredients and no baking, rice krispie treats are the way to go. Simply melt down some marshmallows and butter on top of the stove and add in your Rice Krispies. Make this dessert even more festive by cutting the finished product into different shapes, such as Christmas trees and Santa hats. Add some red and green sprinkles to finish them off. This is also a great gluten-free adaptive dessert, as you can easily swap the Rice Krispies for a different gluten-free cereal like Fruity Pebbles or Lucky Charms.

Related Link: [Food Trend: 6 Must-Have Kitchen Gadgets](#)

3. Traditional cookies: There is no going wrong with an old-fashioned holiday cookie. It is likely that your family has a recipe that has been passed down over the years, making this the perfect holiday dessert option to pull out every year. If you don't have a go-to family recipe, take the opportunity to start the tradition yourself. Go for something simple, such as the classic gingerbread cookie, or choose something that is unique to your heritage to add some extra meaning.

4. Festive hot chocolate: If you're not a huge fan of dessert, or anticipate being stuffed after your holiday meal, offering a dessert drink is a great alternative. Hot chocolate is the perfect option for creating a holiday-themed dessert that is lighter than a baked good. Take this food trend to the next level by allowing your guests to customize their drinks with different flavored syrups. Be sure to top the drinks off with some marshmallows and whipped cream!

5. Holiday bark: A great last-minute dessert option is holiday bark. Similar to Rice Krispie treats, holiday bark requires few ingredients and little prep time. It is also extremely versatile, and can be altered to whatever flavor profile you would like! Go for a classic holiday bark by using white and milk chocolate along with candy-cane pieces, or create your own unique recipe with different ingredients. M&Ms, pretzels, and toffee pieces make great toppings when creating a holiday bark perfect for your gathering this season.

What are some other holiday dessert ideas? Start a conversation in the comments below!

Celebrity News: Kristin Cavallari & Jay Cutler Reunite to Celebrate Halloween With Their Kids



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y Nicole Maher

In the latest [celebrity news](#), Kristin Cavallari and Jay Cutler celebrated Halloween together with their kids despite being in the midst of a divorce. According to *EOnline.com*, Cavallari shared an Instagram post showcasing the [celebrity exes'](#) costumes, along with those of their three children. The couple first announced their divorce in April of this year after ten years of marriage, and Cavallari has been rumored to be casually dating comedian Jeff Dye.

In celebrity news, these exes took the high road and celebrated Halloween together with their kids. Why should you come together as a family for holidays if you're not together as a couple anymore?

Cupid's Advice:

Holidays can be challenging for separated families, especially when both parents want to be present. Even though it may be difficult to come together for a holiday with your ex, it may be worth it. If you are looking for some reasons to come together as a family for the holidays, Cupid has some advice for you:

1. Create new memories: Holidays are the perfect occasion for creating memories with your children. It is important not to skip out on these types of memories just because you are no longer with your partner. Looking back, both you and your children will be happy you chose to spend these days together as a family despite any differences.

Related Link: [Celebrity Couple News: Jeff Dye Appears to Reference New Romance With Kristin Cavallari in Funny Post](#)

2. Demonstrate healthy relationships: Spending the holidays together despite no longer being together is a great way to demonstrate healthy relationships to your children. They will learn that even if two people have a differing opinion on something, it is still possible to compromise and communicate effectively. They will also learn how to set realistic expectations and boundaries in their future relationships.

Related Link: [Celebrity Break-Up: Christina Anstead Talks](#)

[About Choosing Peace Over Drama After Split](#)

3. Relieve family stress: Whether people are showing it or not, the holidays can be stressful for everyone involved in a separated family. While you may be worrying about not being able to see your children on a specific holiday, they may be facing the same fear. By making an effort to all be in the same house, you'll be relieving stress for everyone involved.

What are some other reasons you should come together as a family for the holidays? Start a conversation in the comments below!

Celebrity News: Megan Fox Slams Ex Brian Austin Green for Sharing Halloween Photo of Their Son





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y Nicole Maher

In the latest [celebrity news](#), Megan Fox publicly slammed her [celebrity ex](#) Brian Austin Green for sharing a photograph of their son on Halloween. According to *UsMagazine.com*, Green posted an image of himself along with the couple's youngest son, Journey, to his Instagram. Fox was quick to comment on the image and questioned why her estranged husband did not crop their child out of the image. The [celebrity couple](#) officially split in May of this year after 10 years of marriage.

In celebrity news, there's definitely some drama between these exes, who share three kids together. What are some ways to iron out parenting differences with

your ex?

Cupid's Advice:

It can be difficult to navigate co-parenting with an ex, especially if you have differing opinions on many fronts. If you are looking for some ways to iron out parenting differences with your ex, Cupid has some advice for you:

1. Establish predetermined rules: An easy way to prevent conflict or differences from arising in the future is to establish some predetermined rules. If you are against having your children featured on social media, or want a universal curfew for both of your houses, these are rules that can be established ahead of time. Be sure to keep these rules straightforward and collaborative to help eliminate as many parenting differences as possible.

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

2. Ask for permission: There will always be gray-area when it comes to parenting, whether you and your partner are still together or not. A great way to avoid differences is to simply ask for permission when you are unsure if what you're about to do will upset the other parent. The other person involved will appreciate the open communication and hopefully do the same when faced with a situation they are unsure of.

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

3. Discuss differences privately: While it can be frustrating to navigate parenting differences, especially when they are repetitive issues, it's important to discuss these differences privately. Opening up your conflicts to many other people, such as posting on social media, will only add unnecessary

tension to the strained relationship and make it harder to iron out differences in the future.

What are some other ways to iron out parenting differences with your ex? Start a conversation in the comments below.

Beauty Tips: 7 Halloween Makeup Looks You Can Wear with a Mask



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y Nicole Maher

You may find yourself wearing a different kind of mask than

normal this Halloween. While the inclusion of a mask may go against your original costume plan, there are still many ways to look festive while remaining safe on October 31st. Whether it is for your small gathering or simply for the Instagram picture, try incorporating some of the following [beauty tips](#) to create the perfect mask-friendly makeup look this Halloween.

Try out some of these beauty tips to help you create the perfect mask-friendly makeup look this Halloween.

1. Cat-eye: The classic cat-eye is the perfect makeup option when it comes to wearing a mask. Put your eyeliner skills to the test by applying a thick cat-eye above your lash line. You can also incorporate the mask into your costume as an accessory by drawing on a cute nose and set of whiskers. Throwing on a pair of cat ears is also a great way to compliment your eyeliner and complete the costume.

Related Link: [Fashion Trend: Cute Matching Costumes for Halloween](#)

2. Mermaid scales: Break out your brightest blue eyeshadows and get ready to complete your mask-friendly mermaid costume. By placing a pair of fishnets over your forehead, you can trace out the perfect scale pattern quickly and easily. Try adding some bright scales to the sides of your hairline to frame your eyes, and incorporate a shiny mask to finish out the look.

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

3. Sunken eyes: One of the most popular makeup looks to pull off on Halloween is the skeleton. This look can also be one of

the most challenging, making this year the perfect time to give it a try. Since only the top half of your face will be visible, focus your effort on producing your best sunken eyes with some gray eyeshadow. Continue by tracing the remaining skeletal features out with white eyeliner and throw on a skeleton-smile mask to save yourself from attempting to draw the teeth!

4. Lots of glitter: There is no better time for body glitter than on Halloween. From copying looks from the television show *Euphoria* to going with more classic options such as princesses and fairies, there are no shortage of glitter looks this Halloween. By coating your eyelids in a shimmery shadow and applying some jewels to your upper cheeks, this beauty tip will make it look like you put in maximum effort on your mask-friendly costume.

5. Doll eyes: Another trend that has been gaining momentum this Halloween is doll eyes. Whether you prefer Barbie dolls or Bratz, there are plenty of tutorials showing you how to create the perfect doll eyes. By overlining your eyes and applying full fake eyelashes, you'll have no trouble turning yourself into one of your favorite childhood toys. Take your recreation to the next level by tracing the dolls lips onto the front of your mask and throwing on some themed accessories.

6. Colored contacts: If you're not the biggest fan of wearing makeup but still want to participate in a mask-friendly Halloween look, colored contacts are a great alternative. Throw on a pair of white contacts to complete a skeleton look, or opt for a deep red to put forward your best vampire. Colored contacts are also a great way to avoid the tiredly makeup removal process at the end of Halloween night as all you have to do is take them out.

7. Classic clown: While they may not be for everyone, clown costumes are another mask-friendly option this Halloween. You

can go the scary route by recreating a horror film clown look with dark triangles around your eyes, or the more friendly route by using bright eyeshadows and painting a red nose onto your mask. Wigs and props are another great way to attenuate this costume while staying safe this Halloween.

What are some other mask-friendly Halloween makeup options? Start a conversation in the comments below!

Celebrity Break-Up: Jessie J Posts About 'Unhealthy Love' After Channing Tatum Split





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y Nicole Maher

In the latest [celebrity news](#), Jessie J revealed details about her relationship with Channing Tatum after their split, referring to the relationship as “unhealthy love.” According to *UsMagazine.com*, the singer made reference to her relationship with Tatum on her Instagram Story when she included a quote about avoiding relationship timelines and emphasized falling in love at any age. The [celebrity couple](#) dated on-and-off for the past two years before officially announcing their [celebrity break-up](#) earlier this year.

In celebrity break-up news, Jessie J is seemingly speaking out about her unhealthy relationship with Channing Tatum. What are some tell-tale signs that you’re in an

unhealthy relationship?

Cupid's Advice:

1. There's no compromise: One of the most important aspects of a relationship is the willingness to compromise. It is likely that you and your partner will not agree on everything, but when both people are willing to compromise in different ways, it allows for healthy communication and an overall healthy relationship. However, if your partner is not compromising in any way and you are constantly forced to follow their decisions, you are in an unhealthy relationship.

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

2. Other areas of your life are impacted: Unhealthy relationships can cause a great deal of stress and frustration when you are around your partner, but these feelings can also spread into other areas of your life. If you feel yourself getting frustrated with your other friends or work environment but are unsure why, it may be stemming from stress that started in your relationship.

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

3. You feel worse about yourself: The person you are in a relationship with should never leave you questioning your own worth or how much they care about you. While nearly every relationship goes through a rough patch, there should never be a time where your partner makes you feel like less of a person. This willingness to put you down shows a lack of overall respect and is likely a sign of unhealthy love.

What are some other tell-tale signs you're in an unhealthy relationship? Start a conversation in the comments below.

Food Tips: 6 Recipe Ideas for Thanksgiving Leftovers



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y Nicole Maher

One of the biggest food holidays of the year is Thanksgiving. From full-sized turkeys, to mounds of mashed potatoes, to various types of desserts, there is no shortage of options when it comes to preparing the perfect holiday meal. However, after you've cooked and shared the day with your family, you'll likely be left with numerous leftovers. Check out some of the following [food tips](#) that'll allow you to use these Thanksgiving leftovers and transform them into entirely new meals.

Get ready to enjoy your Thanksgiving leftovers with these food tips and six potential recipe ideas.

1. Old-fashioned turkey sandwich: The easiest thing to make with Thanksgiving leftovers is a simple turkey sandwich. In the days following the holiday, you are probably tired of cooking and looking for an easy way to use up the leftovers in your fridge. A simple sandwich complete with sliced turkey, cranberry sauce, lettuce, and tomato is an easy way to clear out some of the extra food and keep the cooking to a minimum! Use some leftover dinner rolls or rye bread to free up even more room in your kitchen.

Related Link: [Food Tips: Healthy Thanksgiving Meal Alternatives](#)

2. Turkey pot-pie: A turkey pot-pie, or shepherd's pie, is a great way to eliminate some of the leftover meat and vegetables. Throw your remaining turkey into a pot along with your leftover vegetables and gravy before covering the top with potatoes or stuffing. This food tip will leave you reliving your perfectly created Thanksgiving meal a few days later, with all the flavors in one bite!

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

3. Sweet potato waffles: Not all leftover recipes have to be devoted to lunch or dinner meals. Make use of some of your leftover sweet potatoes the following morning by making sweet potato waffles for breakfast. By mashing your remaining sweet potatoes and adding them to your favorite waffle recipe, along with some brown sugar and cinnamon, you'll cook up the perfect

fall-flavored breakfast to round out the autumn season.

4. Turkey and vegetable soup: Another option that allows you to use numerous different leftovers in one new dish is turkey and vegetable soup. This one is relatively self explanatory as you simply cut or shred some leftover turkey and mix in your remaining carrots, potatoes, and celery from your Thanksgiving meal. This food tip also provides for a lighter option if you still feel stuffed from the large meal you prepared days before!

5. Thanksgiving leftovers casserole: While the idea of cooking a casserole may sound old-fashioned, they are still a great way of utilizing leftovers from any major holiday, especially Thanksgiving. This option allows you to use everything from leftover turkey, to vegetables, to even your leftover stuffing. Incorporating different spices is also a great way to modernize your casserole and eliminate some of the traditional Thanksgiving flavors you may be tired of at this point!

6. Cranberry-apple pie: Finally, no week of Thanksgiving leftovers is complete without a dessert option. While you may be finishing off various baked goods from Thanksgiving day itself, that doesn't mean you should skip out on making a new dessert from your leftovers. Mix in some cranberries and apples into a pie crust to use some of your remaining cranberry sauce. You can also substitute sweet potatoes into a pumpkin pie recipe if you prefer that option, which still allows you to make use of some leftovers.

What are some other recipe ideas for Thanksgiving leftovers? Start a conversation in the comments below!

Celebrity News: Machine Gun Kelly Says He's a 'Better Person' After Falling in Love with Megan Fox



y Nicole Maher

In the latest [celebrity news](#), Machine Gun Kelly outlined how his new relationship with Megan Fox has made him a better person. According to *UsMagazine.com*, Kelly was struggling with addiction prior to meeting Fox, but their relationship allowed him to break the cycle and have the “biggest rise” of his life. The [celebrity couple](#) met while filming *Midnight in the Switchgrass* and moved in together one month after Fox separated from her estranged husband.

In celebrity news, Machine Gun Kelly credits Megan Fox for helping him become a better person. What are some ways a relationship can change you for the better?

Cupid's Advice:

There are many benefits to being in healthy and loving relationships, some of which may personally make you a better person. If you are looking for some ways a relationship can change you for the better, Cupid has some advice for you:

1. More responsibility: Relationships come with a lot of responsibilities, from maintaining open communication to tending to the feelings of your partner. By taking on some of these responsibilities when getting into a relationship, you will gradually become more mature and better equipped to maintain other relationships and friendships in the future. This ability to handle more responsibilities can also translate to other areas of your life, such as your professional life.

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

2. New social circles: The people that we choose to surround ourselves with can benefit or hurt us in the long run. Forming a new relationship can provide an opportunity to integrate new people into your social circle, which may lead to some more positive influences. Changing the people you surround yourself with can also provide an opportunity to stop falling back into old habits if it was something you shared with your past friends.

Related Link: [Celebrity News: 'RHOC' Alum Vicki Gunvalson Shoots Down Split Rumors](#)

3. Positive outlooks: Healthy and loving relationships should provide you with more things to look forward to in life. A relationship can better you as a person by giving you more outlets for excitement, which in turn can make you a happier and more pleasant person to be around. The happier you are, the more positively you will see yourself as well.

What are some other ways a relationship can make you a better person? Start a conversation in the comments below!

Celebrity Wedding: Find Out More About Blake Shelton's Proposal to Gwen Stefani





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y Nicole Maher

In the latest [celebrity news](#), Blake Shelton and Gwen Stefani have taken the next step in their relationship by getting engaged. According to *UsMagazine.com*, Shelton proposed to Stefani after asking her father for permission and selecting a custom engagement ring. The [celebrity couple](#) began dating in November 2015 after working together on *The Voice*, and moved in together in October 2019. Shelton and Stefani now look forward to planning their [celebrity wedding](#).

In celebrity wedding news, Blake and Gwen are officially engaged after Blake asked her father's permission. What are some must-dos before an engagement?

Cupid's Advice:

Whether you are a fan of more traditional engagements or are looking for a modern approach, there are a few steps to take before popping the question. If you are looking for some must-dos before an engagement, Cupid has some advice for you:

1. Rehearse your speech: Whether you're looking to keep things short-and-sweet, or want a more detailed speech, it's a must to rehearse what you're going to say before the big day. Engagements are exciting and emotional, and may cause you to freeze up in the moment. By having an idea of the points you want to get across beforehand, you will make sure your partner knows just how much thought you put into asking the question.

Related Link: [Celebrity News: Blake Shelton & Gwen Stefani Toast to CMT Music Awards 2020 Win](#)

2. Select the perfect location: Selecting the perfect location to pop the question is also a must-do before an engagement. Consider some of your partner's favorite places and decide which would be the best spot to begin this next step together. It is also important to consider if you and your partner would rather have a public or private engagement when planning out the location.

Related Link: [Celebrity Couple News: Kelsea Ballerini Talks How Husband Supported Her Reimagined Album](#)

3. Ask for permission: Just as Blake Shelton did, it is important to ask for permission when proposing to your partner. By asking your partner's parents, siblings, or close friends if they approve of your engagement, it'll show the respect you have for your partner's existing family. It will also allow them to get excited and potentially help you with the rest of the planning process!

What are some other must-dos before an engagement? Start a conversation in the comments below!

Beauty Tips: 2020 Skincare Trends



y Nicole Maher

Whether it's from our favorite celebrities, our mother, or the person working at our local beauty store, there is no shortage of [beauty tips](#) for creating the perfect skincare routine. However, with advice coming from so many different outlets, it can be difficult to decide whose to take. If you are having difficulties finding skincare products that are perfect for you, try incorporating some of these simple beauty tips into your everyday routine.

2020 has been rough, but the birth of these five skincare beauty tips is a positive.

1. Clean beauty: A [beauty trend](#) that has been gaining momentum over the last few years is the use of clean beauty products. These products refrain from using ingredients that are known to be harmful to the human body and focus more on all-natural or low-chemical blends. By including more clean beauty products in your skincare routine, you'll leave your skin looking healthier longer.

Related Link: [Beauty Advice: Overnight Beauty Tips to Wake Up Looking Your Best](#)

2. Weekly at-home facials: Everyone loves a good facial, especially when you can do it at home. While facials can do wonders for your skin, doing it too often can sometimes be harmful. Once a week is a good target in terms of using a peel or giving yourself a facial. You can incorporate the use of facial rollers to help your skin absorb different blends and formulas, or simply massage your face with your hands.

Related Link: [Beauty Tips: Flawless Foundation](#)

3. Personalized products: The best way to make your beauty routine more effective is to customize it to your own needs. From personalized face washes to hair shampoos, there are plenty of companies that offer specialized formulas aimed at helping the areas you've specified. Many of these companies offer online quizzes to help you customize your own formulas and allow you to make the necessary adjustments until you have a blend that is perfect for your beauty routine.

4. Chemical-free sunscreens: Sunscreen is another popular skincare product that has been added to many people's routines

over the past few years. However, the best sunscreen options are those that emphasize being a chemical-free product. Similar to clean beauty products, chemical-free sunscreens are safer to use on your skin, as well as being less harmful to the environment. High chemical-based sunscreens have been proven to be detrimental to environmental ecosystems such as the coral reef, and should be avoided whenever possible.

5. A simpler overall routine: “Less is more” truly is the way to go in terms of skincare. With a new product on the shelves everyday, it can be incredibly tempting to switch up your skincare routine often. Despite this temptation, try to keep your skincare routine as simple and consistent as possible. By changing products constantly, you will end up shocking your skin and cause it to react negatively. Try using between two and four products in your everyday routine with the occasional use of a spot treatment on a problem area.

What are some other beauty tips to incorporate into your 2020 skincare routine? Start a conversation in the comments below!

Celebrity Baby: Lily Allen Reveals She Wants Kids With Husband David Harbour





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y Nicole Maher

In the latest [celebrity news](#), Lily Allen revealed that she may be discussing the possibility of having a [celebrity baby](#) with new husband David Harbour. According to *EOnline.com*, Allen and Harbour are open to having children together, but may hold off for a while because of Allen's struggles with mental health. The [celebrity couple](#) met on the dating app Raya in 2019 and were secretly married in September of this year.

In celebrity baby news, Lily Allen wants kids eventually with her new husband, but she may hold off for a little while since she's in a good place mentally. What are some ways mental health comes into play when

deciding whether to have kids?

Cupid's Advice:

Having children leads to large changes in everyone's lives, but these changes can be especially challenging for those who struggle to maintain mental health. What mental health considerations should you make before having kids? Cupid has some advice:

1. Change in hormones: Pregnancy and childbirth are two events that cause large changes to a woman's hormones, which could also affect her mental health. If you are considering having children but are worried about the changes it will cause to your body because of your mental health, getting the advice of both a psychologist and an obstetrician can help you decide when the best time to try for a child may be.

Related Link: [Royal Celebrity News: Prince William Disagreed With the Palace's Misleading Comments about Meghan Markle's Labor and Birth](#)

2. Higher energy levels: Having and raising children requires large amounts of energy, which is something that may already be a struggle for someone with inconsistent mental health. While having a kid may allow for less rest days, there are many ways to structure your schedule that allow you to prioritize both raising your child and maintaining your balance of energy. On days where your energy is lower, try relying more on your partner or a babysitter.

Related Link: [Celebrity Baby News: 'Duck Dynasty' Alum Sadie Robertson is Pregnant With First Child](#)

3. Constant enthusiasm: Whether it's their first birthday, first steps, or first day of school, there is so much to celebrate as your child grows up. However, this constant need to have enthusiasm may be difficult for someone struggling to

maintain good mental health. Waiting until you have more enthusiasm in your daily life to have a kid may be a good idea to prevent you from feeling like you're missing out on celebrating important milestones.

What are some other ways mental health comes into play when deciding whether to have kids? Start a conversation in the comments below.

Celebrity Couple News: Kelsea Ballerini Talks How Husband Supported Her Reimagined Album





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y Nicole Maher

In the latest [celebrity news](#), singer Kelsea Ballerini describes how her husband, Morgan Evans, supported the creation of her reimagined album throughout quarantine. According to *UsMagazine.com*, Ballerini and Evans had agreed not to write music together when quarantine began, but as time went on, they found enjoyment in sharing their creative processes with each other. In March, Ballerini released a stripped-down version of her *Kelsea* album titled *Ballerini*. The [celebrity couple](#) initially met in 2016 and were married in December of 2017.

In celebrity couple news, Kelsea Ballerini gave credit to her husband for supporting her through the release of her most recent

album. What are some ways to support your partner's passions?

Cupid's Advice:

Whether you and your partner have shared passions, or they are drastically different, it is important to support each other through all of your endeavors. If you are looking for some ways to support your partner's passions, Cupid has some advice for you:

1. Attend their events: Whether it's a sport, art style, or other type of hobby, it is likely that your partner will eventually start attending events centered around their passion. A great way to show your support is to accompany them to these types of events. By cheering your partner on through a race or sitting in the audience of an open-mic, your presence will show your partner that you respect their passion just as much as they do.

Related Link: [Celebrity News: Blake Shelton & Gwen Stefani Toast to CMT Music Awards 2020 Win](#)

2. Ask questions: The best way to show support for a passion you may not completely understand is to ask questions. Your partner is likely aware that you do not share the same passion as them, but by showing you're interested through asking questions, they will still feel supported and appreciated. Show them you want to learn more by getting to know some of the details about what they are passionate about!

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

3. Celebrate successes: Big or small, it is important to celebrate your partner's successes within their passion. Acknowledge the new milestones they are reaching by buying

them a gift or treating them to a night out. These little celebrations will give them the drive they need to continue advancing in their passion while also allowing you to have fun and support them.

What are some other ways to support your partner's passion? Start a conversation in the comments below!

Parenting Tips: Help Your Kids Adapt to Change



y Nicole Maher

Change can be a challenging process for people of any age, but

especially for children. Whether it's changes in family structure, moving to a new home, or switching schools, these transition periods can be tough to navigate for kids. By incorporating some of these [parenting tips](#) into the change your child is experiencing now, you will help them succeed in this new environment and teach them to adapt to different transitions in the future.

Check out these five parenting tips for helping your child adapt to change.

1. Keep some consistency: No matter your age, everyone looks for some consistency in life when they are facing a major change. To help your child navigate the beginning stages of a transition, try to keep as much consistency as possible. Do not skip out on holidays or weekly traditions just because your surroundings are different. Even little consistencies like cooking breakfast together on Sundays or watching your favorite television show together can reassure your child that not everything is going to be different.

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

2. Have a lot of patience: Even positive changes can be stressful, and whatever stress you are feeling will undoubtedly be felt by your child. Although tensions may be high throughout the family, it is important to have patience with your child, and yourself, during this transition. If you notice your child acting differently during this time, continue to correct their wrongdoings, but understand any extra outbursts may be linked to the impending change.

Related Link: [Parenting Advice: Breaking the Negativity Loop](#)

3. Use positive language: The language you use to describe the transition can have a large impact on how your child perceives what is happening. Words like “different” and “change” can be scary for young children, especially if they haven’t faced a major transition before. Try using words like “adventure” or “opportunity” to eliminate any fear in your child and show them that the change you are making is for their best interest.

4. Provide them with an incentive: Even if you are framing this new change in a positive way, your child may still be skeptical. Providing them with an incentive can be another useful parenting tip to help them be more accepting of the change. If you are moving houses, an incentive could be that you’ll have a yard big enough for a pet. Similarly, if they are forced to change schools, an incentive could be allowing them to join a new club or sport.

5. Answer their questions honestly: While you want to keep this change as lighthearted as possible, it is still important to answer your child’s questions as honestly as possible. If your family structure is going to be permanently different as a result of this change, it is best to share this information with your child rather than stepping around it. Their age can help determine how much information you chose to share with them, but by explaining the circumstances accurately in a way they will understand, you will help them cope with difficult changes they face in the future.

What are some other ways to help your child adapt to a change? Start a conversation in the comments below.

Celebrity News: Blake Shelton & Gwen Stefani Toast to CMT Music Awards 2020 Win



B

y Nicole Maher

In the latest [celebrity news](#), Blake Shelton and Gwen Stefani celebrated their recent win at the CMT Music Awards 2020 for their duet "Nobody But You." According to *UsMagazine.com*, Shelton and Stefani toasted to their win while watching the award ceremony from their living room. The [celebrity couple](#) has been together since 2015, and have released a total of four duets together. Both singers took to their social media accounts to thank their fans and each other for all the support.

In celebrity news, Blake and Gwen are the definition of a power couple! What are some ways to celebrate your accomplishments with your partner?

Cupid's Advice:

One of the best parts of being in a relationship is getting to celebrate your accomplishments with the person you love. Whether it is something that you have accomplished together or individually, it is the perfect opportunity to provide some congratulations. If you are looking for some ways to celebrate your accomplishments with your partner, Cupid has some advice for you:

1. Plan a date: The perfect way to celebrate an accomplishment within your relationship is to plan a date. Whether it is a dinner at your favorite restaurant or a weekend getaway, planning a date is a great way to show your partner how proud you are of them, and gives you an opportunity to celebrate together.

Related Link: [Celebrity Couple News: Gwen Stefani & Blake Shelton's Love Takes Center Stage at 2020 ACM Awards](#)

2. Buy them a gift: Gifts are another thoughtful way of celebrating an accomplishment within your relationship. If it was your partner that achieved their goal, then buy them something you know they've been wanting for a while. If it is something that you've accomplished together, then you can both contribute and buy something for the two of you to share.

Related Link: [New Celebrity Couple: Sofia Richie Is Dating Matthew Morton After Scott Disick Split](#)

3. Tell them you're proud: Sometimes the best way to celebrate an accomplishment and make your partner feel important is to simply tell them how proud you are. Words of affirmation can go a long way in making your partner feel special and strengthening your relationship, and are not something that should be overlooked just because they are free!

What are some other ways to celebrate an accomplishment with your partner? Start a conversation in the comments below!

Movie Review: On the Rocks



y Nicole Maher

B

On the Rocks is the newest comedy-drama movie directed by Sofia Coppola. The [movie](#) stars Bill Murray and Rashida Jones as a father-daughter duo on a quest to determine if the husband of Jones' character, Laura, is cheating. While this may seem like a weird adventure to take with your father, Laura's father has an extensive playboy past who has left him absent for most of her life, making him the perfect person to help uncover her husband's player actions. As the two begin keeping tabs on Laura's husband, they grow closer and are given the opportunity to repair some of the damage in their relationship caused by Felix's (Bill Murray) absence.

Check out our movie review for *On the Rocks*, the perfect combination of comedy and drama.

Should you see it: If you are looking for a new take on family relationships, then *On the Rocks* may be just what you are looking for. The movie explores the complications of both parent-child relationships as well as marriage, but is sure to add plenty of comedy to get you laughing in between the drama.

Who to take: *On the Rocks* is the perfect movie to watch with your best friends or partner. The movie has a lot of sarcastic humor and quick one-liners, so it is perfect to see with someone who you are ready to laugh with.

Cupid's Advice:

As Felix and Laura work to determine if Laura's husband, Dean, is truly busy or if he is being unfaithful, Felix reveals many telltale signs of being a play-boy. While relying on suspicion rather than hard evidence is not the best way to determine if someone is being unfaithful, knowing some of the signs of a play-boy is a good way to hunt out red flags in a

relationship. Cupid has some relationship advice on how to determine if your partner is remaining loyal or is actually a playboy:

1. If they're excited to see you: In the movie, we see Dean and Laura awkwardly greeting each other after Dean returns from a work trip. Whether it's coming home at the end of a workday or returning after a week-long trip, your partner should be excited to see you. This does not mean that your partner needs to be all over you the second they come home, but if they are constantly returning without expressing how much they missed you, it may be a red flag.

Related Link: [Movie Review: A Rainy Day in New York](#)

2. If they're sticking to their travel plans: It's common for someone to be concerned about the fidelity of their partner when they are forced to travel often. However, if your partner is following the travel plans they have told you, then there is likely no need to worry about them being faithful. The only time a red flag should be raised is if your partner has repeatedly been someplace different from where you expected they were going.

Related Link: [Movie Review: 2 Hearts](#)

3. If they're willing to have a conversation: At the end of the day, the best way to go about suspicions of infidelity in a relationship is to have a conversation with your partner. If someone knows that they've been acting like a play-boy, then they will likely be more standoffish to the idea. However, if your partner has been remaining loyal and cares about the relationship, they will be willing to address your concerns and speak through them.

What are some other ways to determine if you someone is acting like a play-boy? Start a conversation in the comments below.

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

Celebrity Couple News: Jacob Elordi & Kaia Gerber Confirm Relationship With a Kiss



B

y Nicole Maher

In the latest [celebrity news](#), Jacob Elordi and Kaia Gerber have just made their relationship official in public. According to *EOnline.com*, Elordi and Gerber were spotted kissing while running errands together in Los Angeles. The [celebrity couple](#) caught the attention of their fans back in September when they were seen at dinner together, and the rumors continued as they were seen holding hands while walking

through a New York City market.

In celebrity couple news, Jacob and Kaia have gone public with their relationship. What are some subtle ways to confirm your new relationship to family and friends?

Cupid's Advice:

While you are undoubtedly excited about your new relationship, you may not be the type of person who wants to formally announce it to everyone. If you are looking for some subtle ways to confirm your new relationship to family and friends, Cupid has some advice for you:

1. Ask for a plus one: A great way to subtly announce that you and your partner have gotten more serious is to ask if you can bring them as a plus-one to an event. This will show your friends and family your relationship is growing as you are allowing for it to become more public.

Related Link: [Celebrity Couple News: Jeff Dye Appears to Reference New Romance with Kristin Cavallari in Funny Post](#)

2. Call it a date: Switching up the language is another subtle way of showing the growth of your relationship. If you have been telling your family and friends that you are “hanging out” with your current partner on Friday night, now may be the time to switch the phrasing to “going on a date.” This will let them know that things have gotten more serious and leave them wanting to know more details!

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

3. Step up the PDA: Just as Eloridi and Gerber did, stepping up the PDA is a subtle way of making your relationship official. By openly giving your partner a kiss hello, or holding their hand throughout the day, it will let you family and friends know that the two of you are officially together without you needing to outwardly say it.

What are some other subtle ways to confirm your relationship to friends and family? Start a conversation in the comments below!

6 Travel Tips for Visiting Disney World





B

y Nicole Maher

Whether you are going for the first time as a child, or returning later to enjoy the park as an adult, a trip to Disney World is always a great idea for a vacation. But, with the growing number of theme parks on-site and typically long lines, it can be hard to plan the perfect trip. By implementing some of the following [travel tips](#) and tricks, you will be able to make the most of your Disney trip and find yourself wanting to come back again.

Check out these six travel tips for planning your perfect trip to Disney World.

1. Decide what time of the year: The first step in planning your Disney World vacation is to decide what time of year you want to go. While summer is often the most popular time because of the weather, it is also the busiest. The holiday season is also a popular option because of the different

events Disney holds at this time, but can also be crowded. Fall and spring may offer smaller crowds, but there may be less extra events to partake in.

Related Link: [Travel Advice: The Best Games to Play on Road Trips](#)

2. Pack for all kinds of weather: Even though Disney World is located in the warm state of Florida, it is important to pack for all kinds of weather conditions. It is likely that it will rain at least one day of the trip, so having compact, throw-away rain ponchos is a must. If you are traveling between the months of November and February, the weather is known to fluctuate a lot, so grabbing a sweatshirt and pair of long pants is a great travel tip to keep yourself prepared!

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

3. Pick parks that fit your group: Different sections of the theme park offer different experiences, so it is important to visit areas that suit the age range of your group. Magic Kingdom is a great option for younger children as there are less rides that have a height requirement, and many of the popular Disney characters can be found there. Epcot is better for older crowds because there is a larger focus on restaurants and bars than on rollercoasters and characters. If your group is a mix of different ages, try exploring a different park each day to satisfy everyone.

4. Use the hotel services to the fullest: The hotels located on the Disney World grounds offer many services, including wake-up calls from different Disney characters at the start of each day. The Bell Services at Disney hotels will hold your luggage if you need to check-in early or if you are leaving later in the day. Packages can be mailed to the hotels and held until you arrive, which can be a great way of avoiding bag check fees. The hotels also offer to pick up merchandise you purchased in the parks and bring it back to your room so

you don't have to carry it all day.

5. Research restaurant options: If you're visiting Disney World with someone who has diet restrictions or is simply a picky eater, it is a good idea to research different on-site restaurants before arriving. Certain restaurants at the park offer gluten-free or dairy-free options to accommodate those with dietary restrictions. There are different eating areas throughout the parks that offer free drink refills as well, and are the perfect places to stop and grab some water.

6. Plan, but don't over plan: While it is important to prepare for your trip Disney World to make the most of your visit, there is no need to over plan. Theme parks can be unpredictable, and even after implementing the best travel advice and tips, there will likely be aspects of your trip that fall off the schedule. Be willing to allow for some flexibility on each day. If you miss out on an event because of a long line or bad weather, don't worry about it. After all, it is just an excuse to come back again!

What are some other travel tips to make the most of your trip to Disney World? Start a conversation in the comments below!

**Celebrity Couple News: Jeff
Dye Appears to Reference New
Romance With Kristin
Cavallari in Funny Post**



B

y Nicole Maher

In the latest [celebrity news](#), Jeff Dye may have just referenced a new romance forming with Kristin Cavallari. According to *UsMazagine.com*, Dye posted a mirror selfie to his Instagram account captioned, "Some women like hot guys, some like funny guys. Don't be salty," which Cavallari liked. While the [celebrity couple](#) has not made their relationship official, they were spotted kissing during a date in Chicago this October. Cavallari has expressed not wanting a serious relationship following her recent split from husband Jay Cutler.

In celebrity couple news, Jeff Dye hasn't officially confirmed his

relationship with Kristin Cavallari, but he seemingly referenced it in a recent Instagram post. What are some reasons to keep your relationship under wraps at first?

Cupid's Advice:

Just because you see your friends and family releasing details about their relationship does not mean you are obligated to do the same thing. If you are looking for some reasons to keep your relationship under wraps at first, Cupid has some advice for you:

1. You're just starting out: When you are just beginning a new relationship and aren't sure where it's going, you may wish to keep the details to yourself. There is no shame in waiting a few weeks or months before sharing your relationship with others, especially if you are waiting to see if you're going to be with this person long-term.

Related Link: [Celebrity Couple News: Kristen Bell Stands By Husband Dax Shepard After Relapse](#)

2. Keeping it casual: If you and your current partner are just looking to keep things casual, then there may be no reason to post about it. You may not want to overshare about this relationship if you do not see yourself dating this person long-term, or are still open to meeting other people.

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

3. You want privacy: Some people simply want privacy in a

relationship and do not wish to make all the details public. Whether you went through a public break-up in the past or simply do not want to answer endless questions about your new partner, seeking privacy is an understandable reason for keeping things under wraps.

What are some other reasons for keeping your relationship on the down-low when you first start dating? Start a conversation in the comments below!

Celebrity News: Kylie Jenner & Travis Scott Spark Romance Rumors After Steamy Shoot





B

y Nicole Maher

In the [latest celebrity news](#), Kylie Jenner and Travis Scott sparked romance rumors after posting a picture together. According to *UsMagazine.com*, Jenner shared two pictures of the pair to her Instagram account with Scott responding in the comments. The [celebrity couple](#) first started dating back in 2017 before welcoming their daughter, Stormi, in February of 2018. Jenner and Scott went on to announce their [celebrity break-up](#) in October of 2019 and have been focusing on co-parenting since.

In celebrity news, Kylie and Travis may be giving things another go after a steamy photo shoot. What are some ways to know if you should give a past relationship another

shot?

Cupid's Advice:

Sometimes exes find their way back to each other only to form healthier, stronger relationships. If you are looking for some ways to decide if you should give a past relationship another chance, Cupid has some advice for you:

1. Time has passed: After a break-up, it is necessary to allow enough time to pass before reaching out again with the hope of rekindling. It is likely that there were some large issues leading up to the break-up, and these will not be resolved overnight. By allowing each other enough time to learn and grow, your second try at the relationship may be more successful.

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

2. Emotions have calmed: In order for your rekindled relationship to work, you have to let go of any negative emotions surrounding the past attempt at dating. If you still feel yourself holding onto instances where your partner upset or angered you, it may not be the right time to give the relationship another try. Once these emotions have truly vanished, then you can consider a second try with your partner.

Related Link: [Celebrity News: Lily James & Married Dominic West Spark Romance Rumors in Italy](#)

3. You've both discussed it: It is a mutual decision to give your relationship another chance. By having a conversation about the possibility of reconciling your relationship with your partner first, you will ensure that you are both on the same page. This will allow you to reenter the relationship with a stronger foundation than before and will help you two

succeed in the future.

What are some other ways to decide if you should give a relationship another shot? Start a conversation in the comments below.

Fashion Tips: How to Dress Up Your Sweatpants



B

y Nicole Maher

Sweatpants may have once been reserved for lounging around the house, but that is no longer the case. Whether you are looking to incorporate more comfort into your work wardrobe, or just

trying to stay warm in the colder months, styling your sweatpants with the newest [fashion tips](#) is a great way to achieve your goal. By finding new ways to make your favorite pair of sweatpants look more professional, you will feel just as confident leaving the house in them as you would in a pair of regular pants.

Check out these five fashion tips for making your sweatpants look more stylish.

1. Swap out the sneakers: One of the easiest ways to elevate an outfit while wearing sweatpants is to select fancier shoes. Try swapping out your sneakers for a pair of boots or heels to bring your outfit to the next level. This fashion tip works best when you are wearing sweatpants that are tighter around the ankles, such as joggers, so that everyone will be able to see the shoes you've selected. Pulling on a pair of boots or heels will keep you looking professional while still enjoying the warmth and comfort of sweatpants.

Related Link: [Fashion Tips: How to Make Your Outfit Stand Out](#)

2. Make it monochrome: Matching the color of your shirt to the color of your sweatpants is a great way to make any outfit look streamline and cohesive. Wearing a black shirt with a pair of black sweatpants is a great way to pull together a simple outfit while still looking stylish. You can also use this fashion tip to make a larger statement by selecting a matching shirt and sweatpants set in a brighter color, such as pink or yellow.

Related Link: [Fashion Tip: How to Wear Gloves as a Fashionable Accessory This Winter](#)

3. Try a new pattern: Patterned pants are one of the most

popular fashion trends at the movement, whether they are jeans, trousers, or sweatpants. Find a pattern that matches your personality, either a simple stripe or bright tie-dye, and plan the rest of your outfit around that piece of clothing. Match a pair of patterned sweatpants with a solid colored shirt and simple pair of shoes so that they'll be the statement piece. This will draw attention to your sweatpants and let everyone know that you are wearing them on purpose, and you look great in them!

4. Layer it up: One of the reasons you are wearing sweatpants is likely to stay warm, so why not incorporate that warmth into other aspects of your outfit? Pair your sweatpants with a longer coat and pair of tall boots to stay warm while looking stylish. To ensure that your outfit still highlights your figure, try finding a coat that is belted or ties at the waist. Wearing a longer coat and tall pair of boots is also a great way to hide the fact that you're wearing sweatpants as so little of the fabric will be showing.

5. Add some extra accessories: Adding accessories can make any outfit look more intentional and put together. While you may still be wearing sweatpants, throwing on a matching necklace and set of earrings will make your whole outfit look planned out to perfection. To make it look even more intentional, try selecting some accessories that directly compliment different aspects of your sweatpants. For example, if the drawstring hardware on your sweatpants is gold, add some gold jewelry or a gold accented handbag to pull the entire look together.

What are some other ways to dress up a pair of sweatpants? Start a conversation in the comments below!

Celebrity Break-Ups: Lenny Kravitz 'Blew It' During First Meeting with Ex Lisa Bonet



B

y Nicole Maher

In the latest [celebrity news](#), Lenny Kravitz's new memoir *Let Love Rule* gave fans a look into some of the hardship he has faced in the past, including making a bad first impression when meeting his [celebrity ex](#) Lisa Bonet. According to *EOnline.com*, Kravitz outlines how when first meeting Bonet, he "kind of blew it" by complimenting her hair. Kravitz explained that he was nervous, and while he did like her hair, he knew he should've said something better. Kravitz and Bonet later

went on to get married and have a daughter before announcing their [celebrity break-up](#) in 1993.

In celebrity break-up news, not all love stories have a perfect beginning, middle, and end. What do you do if you make a bad impression on your crush the first time you meet them?

Cupid's Advice:

Sometimes when we get nervous or are trying to impress someone we end up saying the wrong thing. While this may not lead to the best first impression, it doesn't mean that we completely blew our shot. If you are looking for some ways to make up for a bad first impression, Cupid has some advice for you:

1. Acknowledge and apologize: Oftentimes the easiest way to move past an awkward encounter is to simply acknowledge it happened and apologize for it. This will ensure your crush that you also thought the first impression wasn't the best so they are not left wondering if that's how you normally act. Once the air is cleared, focus on impressing them next time!

Related Link: [Celebrity Break-Up: Prince William Dumped Then-Girlfriend Kate Middleton Over the Phone](#)

2. Don't dwell on it: While the fact that you made a bad first impression on your crush may still be on the forefront of your mind, it is important not to dwell on this encounter. If you spend too much time focusing on what you did wrong, it can make it more difficult to show your crush your real personality moving forward. Once you've acknowledged it, just

let it go!

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

3. Nail the second impression: First impressions are not last impressions. Once the air is cleared from an awkward first encounter and you have stopped dwelling on what you originally said, take every opportunity moving forward to make a better impression. Over time, your crush will forget how bad your first impression may have been and only think of the ways you have impressed them since.

What are some other ways to make up for making a bad impression on your crush the first time you meet them? Start a conversation in the comments below.

Health Tips: The Best Ways to Use Your Phone for Mental Health Help





B

y Nicole Maher

When we hear the words “mental health” and “cell phone” in the same sentence, we usually assume that their correlation is going to be negative. However, there are many different ways to use your phone to record or improve your mental health. Whether it’s downloading an app or logging off a platform, your phone can help you alleviate stress or anxiety. By implementing some of these [health tips](#) into your daily routine, you can begin to use your phone as an asset in your journey to better mental health.

Check out these five health tips for using your phone to improve your mental health.

1. Mental health apps: There are a large variety of mental health apps that can help you through a stressful or anxious time. Certain apps provide you with quick exercises to do throughout the day to slow your mind while others allow you to

track your mood over the course of a week. There are also more in-depth apps that allow you to speak directly with counselors through text or call, which can be a great resource for particularly hard days.

Related Link: [Health Tips: How Adopting a Pet Can Help Your Mental Health](#)

2. Journal entries: Many of us may keep more in-depth journals at home, but your phone is another great place to record quick entries. Try using the notes app to write mini journal entries throughout the day so you can keep track of your thoughts and feelings. These entries can be as simple as bulleted lists you write while standing in line for coffee or riding the elevator to your office. You can then look back at them after a few days and determine if the same thing was on your mind for the entire week.

Related Link: [Health Advice: 5 Mental Health Tips for Cabin Fever](#)

3. Calm playlists: We create playlists for long road trips and throwing parties, so why not create one for calming ourselves down? Having a go-to playlist for when you are feeling anxious is a great way to start developing a routine for calming down. By playing the same music every time you feel yourself getting stressed or worried, your body will eventually associate these songs with the need to relax, and may begin doing so automatically. These playlists can include songs that remind you of happier memories, or simply be slow, mellow songs that help you relax.

4. Guided meditation videos: If your schedule is too full to make it to an in-person session, or if you haven't tried meditation before, listening to guided meditation videos is a great addition to your mental health routine. These videos range from as short as ten minutes to longer than an hour, and can be found on Youtube or music streaming platforms. You can

incorporate this mental health tip into your morning routine by listening to one before you leave the house, or put one on at the end of the day to clear your mind before falling asleep.

5. Log-off socials: It is no secret that social media platforms can be the root of certain stresses or anxieties. Whether you are experiencing FOMO from a certain event or feel yourself getting caught up in the latest news, logging off for a few days is an easy way to relieve some of that stress. Social media cleanses can help you return the focus to your personal life and work towards improving your overall mental health with less distractions. Once you are feeling better, it is as simple as logging back into your accounts and carrying on with your day.

What are some other health tips for improving your mental health through your phone? Start a conversation in the comments below!

Celebrity News: Cardi B & Offset Spotted Kissing at Her Birthday Party One Month After Split





B

y Nicole Maher

In the latest [celebrity news](#), exes Cardi B and Offset were spotted kissing at Cardi B's birthday party one month after announcing their divorce. According to *UsMazagine.com*, the two rappers shared a series of Instagram stories and posts of each other at the party, which included them dancing together and sharing a quick kiss. The couple announced their [celebrity break-up](#) earlier this year after tying the knot in September of 2017. Since making their divorce official, Cardi B has clarified the reason for ending their relationship involved too much arguing and not any infidelity.

In celebrity news, Cardi B and Offset may be having second thoughts about their split. How do you know when your relationship is

truly over?

Cupid's Advice:

It can be hard to determine when a relationship has officially run its course, and even harder to let go when you two share a long past or children. If you are looking for ways to determine if your relationship is truly over, Cupid has some advice for you:

1. You're not yourself: It can be difficult to determine just how much a failing relationship is affecting your life. If you find yourself getting tired or irritated in situations that have nothing to do with your current relationship, the emotions can still be coming from this source of stress. Take a moment to access your current state of mind and see if relationship drama is carrying into other areas of your life.

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

2. You've split many times before: Sometimes you truly need to break-up with someone to understand just how much they mean to you. In some cases, a temporary break can lead to a more solid relationship in the future. However, if you have split multiple times with your current partner, or have started taking breaks more frequently, it may be a sign that your relationship is coming to an end.

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

3. You've spoken with professionals: Many people turn to relationship counselors when they are experiencing trouble with their partner to find new ways to problem-solve. If these new communication methods or techniques aren't helping to repair your relationship, it might be time to consider breaking up. Relationship counselors will also sometimes

recommend splitting from your partner if they feel your relationship is irreparable.

What are some other ways to determine if your relationship is truly over? Start a conversation in the comments below.