

Ashton Kutcher and Demi Moore Camp with Kabbalah Instructor



In the midst of a cheating scandal, do what the Romans do and ... camp with your Kabbalah instructor? Despite being the hot topic in the tabloids for the past couple weeks, Ashton Kutcher and Demi Moore were spotted on a camping trip with their religious mentor at Cachuma Lake, near Santa Barbara, Calif., according to [People](#). Kutcher's friend, Eric Buterbaugh, also accompanied the group. Apparently the duo needed some time away to reflect.

When you're stressed as a couple, how do you briefly get away?

Cupid's Advice:

Stress can really put a strain on a relationship. Here are some ways to relieve your stress as a couple:

1. Go on a date out of town: Taking a night off in a town you've never visited before can be a great way to relax and let loose. You're not likely to run into anyone you know, and there's a certain excitement involved in exploring a new location.

2. Couples massage: You may not have time to dedicate to getting out of town, but there are spas and/or massage therapists almost everywhere. Make an appointment for a couples massage and let your worries slip away.

3. Let go of responsibility and go out: Sometimes we get so used to our routines that we forget to spice it up every once in a while. Forget about laundry, dishes and paperwork for a night. Get a babysitter if you need one, and hit the town with your partner. Bring it back to the good old days when you didn't have "real life" to worry about as much.

How do you relieve stress as a couple? Share your thoughts below.