

Kristen Bell and Dax Shepard Share Laughs at Lunch



By Nic Baird

Hollywood couple Kristen Bell and Dax Shepard laughed over lunch on Saturday, according to [People](#). The *Hit and Run* costars ate at a Las Vegas burger joint with Bell's parents. Besides their presence on screen, the two also share a similar diet. They're both vegans, and both ordered the house made veggie patty, though Bell went for the side salad and Shepard chose waffle fries to join his lunch. "They were having a great time and were laughing together," an onlooker said.

What are some ways laughing together can benefit your relationship?

Cupid's Advice:

Laughter is the best medicine. If moods are tense, maybe your relationship needs a healthy injection. Of course there are

times to laugh, and times when laughter is a bad idea. As long as your partner isn't modelling a new outfit, here are some benefits of laughing in your relationship:

1. Communication: Laughter tells your partner how you feel about different topics. If they mention marriage, and you're the only one laughing, it will definitely communicate something. More often, it simply shows your sense of humour, and allows your partner to find common ground. Laughing together is enjoying the company of your love, so find the things that put them in hysterics.

2. Assessment: Being able to laugh with your partner comes harder if you communicate differently. Laughing together is a connection, and if that never happens it should prompt you to examine your relationship. You might find you have different values, interests, or experiences. It could be you're just a very serious couple. It's not necessarily bad, but how much you laugh together can explain important details about your dynamic.

3. Comfort: Laughter expresses confidence by making yourself vulnerable to your partner. If you're on edge, being able to laugh can relieve tension between your significant other. You're showing approval of your relationship by demonstrating enjoyment, familiarity, and empathy.

What are some silly moments you've shared with your partner? Share your experiences below!