

Cupid's Weekly Round-Up: Taking Time For Yourself



By Maria Darbenzio

For some couples, being together every minute of the day can be a bit much. It's okay to want some alone time; in fact, it can ultimately strengthen your relationship. If you want to take some time for yourself or just hang out with your girlfriends, look no further! We gathered these excellent articles from our partners:

1. Host a girls' night in: Find a time when all of your friends can get together and have a relaxing night. Throw a dinner party, sip on some wine, and maybe watch a movie. Use this chance to catch up with everyone. Get some inspiration from Candace Cameron Bure and her girls' night in.

(CelebrityBabyScoop.com)

2. Just talk: If you're not up for a girls' night, hanging out with just one person can do a world of good. Take your best friend for coffee or grab lunch at that vegan restaurant you've both heard about. Talk about anything and everything. It can help relieve stress and boost your mood. You may even get some helpful advice! (YourTango.com)

3. Make virtual friends: With the amount of digital media in our day-to-day lives, it's easier than ever to make friends virtually. Having someone away from your normal routine can help you if you ever need an outside perspective on things in your life. Of course, always be cautious about who you talk to on social media sites, but never pass up the chance to make new friends. (GalTime.com)

4. Enjoy a spa day: You don't need to go to a fancy spa to get glowing skin. Whether you want to spend the day relaxing by yourself or trying new beauty treatments with your friends, this list will help you experience pure bliss. Check out some of these treatments and start planning your at-home spa day. (GalTime.com)

5. Be happy: We all want to be happy with every aspect of our lives, whether it be family, friends, or work. Don't let negativity add unwanted pressure to your life. Like Charles R. Swindoll once said, *"Life is 10 percent what happens to you and 90 percent how you react to it."* For ways to bring focus on your own personal happiness, read this article. (YourTango.com)

What are some ways that you take time for yourself? Tell us in the comments below!