

New Celebrity Couple: Demi Lovato Is Dating 'Young and Restless' Star Max Ehrich



By Ellie Rice

In the latest [celebrity news](#), singer Demi Lovato has a new man! According to *UsMagazine.com*, Lovato has been getting cozy with *Young and the Restless* actor, Max Ehrich. Fans have been quick to spot the pair's flirty comments back and forth on social media, with a source close to Ehrich noting they met a few weeks ago. We hope these lovebirds are staying safe and enjoying each others company!

There's a new celebrity couple catching fans' attention. What are some ways to go public with your new relationship?

Cupid's Advice:

Going public with a new relationship can be exciting and sometimes nerve-wracking. If you're looking for ways to let everyone know about your new partner, Cupid has some advice for you:

- 1. Ease into it:** When you and your partner have decided that the time is right to publicly share your relationship, start off slow. Each tell your friends casually and set up a time for everyone to meet. Call your parents and let them know that there is someone special in your life. Post about it on social

media! Use the social platforms as a way to announce to your feed that you're seeing someone. All of these methods of virtual communication are ways to clue everyone in, without having an overwhelming face-to-face experience just yet.

Related Link: [Celebrity News: Demi Lovato Has Dating Advice For Fans](#)

2. Hang with your friends: Bring your significant other around your friends! Spending time all together will be a great introduction for your friends to meet your new partner. This will allow for your boyfriend or girlfriend to meet some of the most important people in your life and feel included in your social circle.

Related Link: [Ask the Guys' Guy: How Do I Know My Boyfriend is Serious About Me?](#)

3. Meet the family: Once you are comfortable with your partner and moving forward in your relationship, consider bringing them to meet your family! Go out for a casual dinner or invite your parents over for a meal. If you're serious about your significant other than this introduction is an important one.

How would you recommend going public with a new partner? Start a conversation in the comments below!

Celebrity News: Chris Lane Reveals Quarantine Has Strengthened Relationship

with Lauren Bushnell



By Ellie Rice

In the latest [celebrity news](#), Chris Lane has commented on the benefits of being quarantined, specifically highlighting how it has strengthened his relationship with his wife. According to *UsMagazine.com*, Lane and former *Bachelor* star, Lauren Bushnell tied the knot late last year after a four month engagement. He notes that they find ways to keep each other entertained during their time inside, which has allowed for their bond to deepen. We hope that everyone is staying safe and spending quality time with their loved ones, just like these two!

In celebrity news, Chris Lane believes that his time spent in quarantine with wife, Lauren Bushnell has made them closer. What are some ways to strengthen your relationship during a difficult time?

Cupid's Advice:

Couples experience challenges at numerous points during the course a relationship. If you are looking for ways to strengthen your partnership during a tough time, Cupid has some advice for you:

- 1. Express yourself:** Make sure you are always communicating

with your partner. No matter the situation, an open line of honest and transparent communication is crucial to any successful relationship. Tell your partner how you are feeling and allow yourself to listen so they can do the same. Whatever you are going through together or personally, make sure you are there for each other no matter what.

Related Link: [New Celebrity Couple: Lauren Bushnell Called Chris Lane's Ex-GF to Tell Her They Were Dating](#)

2. Appreciate each other's company: Similar to the Lane's, you may be navigating through the uncertainty of our current world crisis. In times like these, it's important to stay calm and remain inside so you are protecting yourself and your loved ones. Use this time to strengthen your relationship with your partner. Make dinner together every night and try to do something fun indoors! Maybe a board game after dinner or a movie marathon with all the flicks you've both been wanting to check out.

Related Link: [Celebrity Exes: 'The Bachelor' Star Lauren Bushnell Says She Hasn't Spoken to Ex Ben Higgins Recently](#)

3. Alone time is okay: You don't need to spend every second of the day with your partner just because you think it will help your relationship. It's important to make time for yourself and allow each other to spend time apart. Suffocating your loved one especially when they are going through a challenging time, may push them away even more. Show your partner how much you care about them by acknowledging their needs before your own. The ability to listen to your partner's feelings will definitely strengthen your relationship in the long run.

What are some ways you strengthen your relationship in times of uncertainty? Start a conversation in the comments below!

Celebrity News: Cassie Randolph Helps Former 'Bachelor' Colton Underwood Amid Coronavirus Battle



 By [Hope Ankney](#)

In the latest [celebrity news](#), former [Bachelor](#) star Colton Underwood confirmed that he tested positive for Coronavirus. He went on to say that he was resting and taking it easy at girlfriend, Cassie Randolph's, home alongside her family. According to *EOnline.com*, Randolph took to her own social media channels later that night to give updates on Underwood as well as sharing how she and her family are caring for each other amidst the COVID-19 outbreak, saying "We're trying to one, stay positive, two, take a lot of vitamins, and get a lot of sleep."

In celebrity news, Cassie is sticking by Colton's side as he recovers from coronavirus. What are some ways to support your partner through a serious illness?

Cupid's Advice:

In these strange times, it is important that we are giving our

loved ones all the support we can. If your partner tests positive for COVID-19 or is dealing with another serious illness, it can be quite overwhelming. Don't worry, though. Cupid has some [relationship advice](#) on how to properly care for them as they recover:

1. Try to get their mind off of it: One of the most important ways to support your partner during difficult health scares is to try and distract them from what they're going through. Try putting on one of their favorite movies, going through old memorabilia, or baking a new recipe together if they can. These things allow them an escape from constant anxiety and worry they've been feeling.

Related Link: [Celebrity Baby News: 'Bachelor' Stars Arie Luyendyk Jr. & Lauren Burnham Welcome a Baby Girl](#)

2. Research the illness: It's best if you can brush up on your knowledge of the illness and ways to prevent it or help recover from it. By doing this, you're able to be a rock for them during a very scary time. You'll know the best ways to rest, what to look out for, and how to properly care for them. That, in itself, can relieve a lot of stress for your loved one.

Related Link: [Fitness Trend: 5 Multivitamins Good for Your Immune System](#)


3. Be patient and understanding: You have to be able to sympathize with their situation. They aren't feeling the greatest. Their anxiety is through the roof. They need rest. They won't be easy to handle. Yet, it is in how you understand and go about your patience that will make all the difference. The more patient you can be with them, the less of a burden they will feel for dealing with their serious illness. All in all, it'll help in creating a safe and nurturing environment for the two of you as they recover.

How have you supported your partner during serious health

scares? Let us know down below!

Celebrity News: Is The Weeknd's New Album All About Bella Hadid?



 By Ellie Rice

In the latest [celebrity news](#), The Weeknd dropped his much anticipated album, *After Hours*, last night. Immediately after it was released, fans began speculating that his ex, supermodel Bella Hadid, was the inspiration behind many of the featured tracks. According to *UsMagazine.com*, fans began dissecting the songs, finding clues to reaffirm their beliefs that the album was about Hadid. The pair have been on-and-off for a few years now, and are currently not together.

In celebrity news, fans of The Weeknd think his new album is all about his rekindled relationship with Bella Hadid. What are some ways music can help you navigate a relationship?

Cupid's Advice:

Music is a great way for couples to connect and strengthen their relationship. If you're curious how music could help your love life, Cupid has some advice for you:

1. Helps you heal: If you are just getting out of a long term relationship and feeling a little heartbroken, music can definitely be a healing guide. With so many songs out there probably describing your situation or current feelings, try turning to music for help. Or listen to upbeat music and go for a run! The power of music is endless and can help you get back out there and ready to date again.

Related Link: [Celebrity Couple News: Tyler Cameron Attends Funeral for Gigi Hadid's Grandmother](#)

2. Create a deeper bond: Listen to music with your partner! Allow them to let loose and sing along to their favorite melodies. When the two of you can completely be yourselves and let go of everything else around you, your relationship will become stronger. These light hearted moments can be something to look back on when you are fighting, easing the tension and helping you both to remember how wonderful your relationship can be.


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

3. Choose your song: Every couple loves to have a song that means something special to the relationship. Whether you are married and it's your wedding song, or you've just started dating and are looking to create a bond, songs can hold powerful meaning. Next time you are with your partner and really enjoying the time you are spending together, think of what's playing and capture that moment forever.

How do you think music can help your relationship? Start a conversation in the comments below!

Celebrity Baby News: Amanda Bynes Is Pregnant with First Child



 By Ellie Rice

In the latest [celebrity news](#), tabloid favorite Amanda Bynes is expecting! According to *UsMagazine.com*, the news comes as a shock as she is welcoming her first child with ex fiancé, Paul Michael. The pair have been on-and-off in recent days, noting Bynes' complicated conservatorship as a driving force behind the breakups. We wish these two nothing but the best as they bring this child into the world!

In celebrity baby news, Amanda Bynes is pregnant after reuniting with your ex, Paul Michael. What are some ways to cope with an unexpected pregnancy?

Cupid's Advice:

Unplanned pregnancies can be complicated and extremely emotional. If you're looking for ways to cope with your current situation, Cupid has some advice for you:

1. Tell someone: Don't be alone in this. If you're in a relationship, explain to your partner what's going on and how

you are feeling about it. Maybe hearing what they have to say will alter your perspective on the situation and outlook on this opportunity. If the two of you decide that a baby is the next step in your relationship, then educate yourselves on everything that entails. If you're not ready to tell your partner or they are out of the picture, that is okay too! Speak with a friend or family member, as a sense of release and care for mental health.

Related Link: [Amanda Bynes: When Help Is Needed But Not Wanted](#)

2. Build a support system: If you've decided that even though this pregnancy is unexpected, it is still something you want to move forward with, then you have an exciting few months ahead. Make sure you are surrounding yourself with friends and loved ones to support you through the next nine months. It is important for your physical and mental health to have people to turn to when you need it.


Related Link: [Relationship Advice: Keep Your Pregnancy Under Wraps like Cameron Diaz](#)

3. Understand your options: If you are truly not ready for a baby, that is okay! Schedule an appointment with your doctor to learn about the next steps you can take in this process. Understanding that you are not alone and have choices to make is crucial. Research and educate yourself on dealing with unplanned pregnancy and speak with counselors and medical professionals to help you further acknowledge your options. Whether you decide to keep your baby, choose adoption or abortion, this decision is a personal one. Be sure you are reaching out to your support system and taking care of your own mental health along the way.

How would you handle an unexpected pregnancy? Start a conversation in the comments below!

Celebrity News: Are Hannah Brown & Tyler Cameron Back On?



 By Ellie Rice

In the latest [celebrity news](#), *Bachelor* Nation favorites, Tyler Cameron and Hannah Brown have been spotted spending time together in Jupiter, Florida. The news has led fans to speculate about why these two exes are hanging out again. According to *UsMagazine.com*, this duo reunited last week as Brown attended a celebration of life event honoring Cameron's mother who recently passed away. Whether they are back together or just friends, we wish them all the best on their journey!

In celebrity news, Tyler Cameron and Hannah Brown have been spending time together again. How do you know if someone is ready for a relationship or not?

Cupid's Advice:

New relationships come with challenging and sometimes uncomfortable conversations, especially when feelings may not be on the same page. If you're unsure where you stand in your relationship, Cupid has some advice for you:

1. Talk it out: The best way to gauge your potential partner's emotional readiness is by asking them about it. Have an open and honest conversation with them about how they feel and where they see your relationship going. If by the end of the conversation the two of you are on different pages, move on. Respect their wishes and understand that pushing someone when they aren't ready will only hurt you in the long run.

Related Link: [Celebrity Exes: 'Bachelor' Peter Weber Was 'Just as Frustrated' As Other Women After Hannah B.'s Return](#)

2. Take it slow: Don't rush anything when entering into a new relationship. The last thing you want is to scare a partner off because you moved quicker than they were ready for. Get to know each other by building memories and experiences. Go out on dates. Try a day at the beach or an afternoon hike! Give them time to open up to you so they are able to feel comfortable and trusting.

Related Link: [Celebrity News: Tyler Cameron Had Offer to Become 'The Bachelor' Amid Dating Gigi Hadid](#)

3. Watch their behavior: Channel your partners level of readiness by their own actions. If they seem emotionally prepared for a relationship and mature enough to move forward in a committed fashion, then consider having the talk. Do they express a desire to meet your friends and family in the future? If so, then this person is probably thinking about taking the next step. Is the relationship purely physical? If yes, then maybe they view your time together as light and casual. Understand your own feelings and what you are looking for and then find someone who is on the same page.

How do you know if you're ready for a new relationship? Start a conversation in the comments below!

Celebrity News: Teresa Giudice Says She's No Longer 'Physically Attracted' to Husband Joe



 By [Hope Ankney](#)

In the latest [celebrity news](#), [reality TV](#) star Teresa Giudice opened up about her marriage to estranged husband Joe during the reunion of *The Real Housewives of New Jersey*. According to *UsMagazine.com*, she was anything, but gentle. Andy Cohen asked her back in October if she was still attracted to her ex-husband, and she said she wasn't. In the previews of the episode, he asked her again, months later, and she was still firm about having no physical attraction to him. She even went as far as to say that Joe wanted to have sex on their trip to Italy and that she was thankful for her youngest daughter sleeping in the bed with her every night. "It was a good c-kblocker."

In celebrity news, Teresa Giudice is no longer attracted to her husband. What do you do to get the spark back in your relationship?

Cupid's Advice:

Sometimes, the attraction that you have for your partner can

fade. You can get into a routine that causes the romance to flicker. Or, your honeymoon phase has ended, and it's hard to navigate the relationship in the same way you did before. Being physically attracted to your partner is an important aspect of a relationship's longevity, and keeping that fire alive isn't always as easy as it seems. If you're having trouble with finding that spark again, don't worry! Cupid has some [love advice](#) that can help you relight that flame in your relationship:

1. Watch old videos: If you're married, sitting down together to rewatch your wedding video can cause you both to remember why you fell in love with one another in the first place. Even if you aren't married, old videos with each other in the peak of your relationship can be the catalyst for jump-starting the emotions and attraction that you might've lost along the way.

Related Link: [Celebrity News: Joe Giudice Says He 'Can't Wait' to Celebrate Christmas with His Daughters in Italy](#)

2. Plan a trip: A lot of times, a relationship can suffer because it's been harder to spend as much time together as you used to. Planning a trip to go away together for even just a couple of days can do wonders for a relationship that hasn't gotten alone time in quite a while. Existing with one another away from your day-to-day life is a great way to rekindle relationships.


Related Link: [Celebrity News: Joe Giudice Reunites with Teresa & Four Daughters in Italy](#)

3. Reenact your first date: A fun way to bring the spark back into a relationship is to reenact the first date you guys went on. Whether that be a dinner date, a trip to the movies, or whatever it may be, it can be a cute way for both of you to reminisce on what initially caused you to fall in love with this person. Besides, if the first date was bad, you both can laugh about it together all the way through.

How have you relit the spark in your relationship? Let us know down below!

Celebrity Break-Up: 'Bachelor' Peter Weber & Madison Prewett Split After Finale



 By Ellie Rice

In the latest [celebrity news](#), Peter Weber has split from fan-favorite Madison Prewett just two days after the pair appeared on the live season finale. According to *UsMagazine.com*, Weber called off his initial engagement to Hannah Ann Sluss because of his unresolved feelings for Prewett. The news of this second break-up comes as a heartbreak to fans who were rooting for Weber and Prewett to continue their journey together. Some may say the catalyst in their split was the public disapproval Weber's mother felt towards his leading lady.

In celebrity break-up news, it's not really a surprise that Peter Weber and Madison Prewett announced their split. What do you do if your

family does not support your relationship?

Cupid's Advice:

Gaining love and respect from your partner's family is a feeling that everyone hopes for. If you're not there yet with your relationship, Cupid has some advice for you:

1. Make an effort: If you feel as though your significant other's family isn't as keen on you as you'd hoped, then make an effort to change that. Go out of your way to make them feel special and like you truly value your relationship with their child. They may be feeling protective or cautious towards you, because that's a parents job!

Related Link: [Celebrity News: Clare Crawley Is Announced as Season 16 'Bachelorette'](#)

2. Clear the air: First impressions are always important, as they shape the way you are viewed by other people. Maybe your first encounter didn't go as planned and that is the root of the disapproval. Talk to them and try and understand where they are coming from. Maybe it was all a misunderstanding!

Related Link: [Celebrity News: Tyler Cameron Had Offer to Become 'The Bachelor' Amid Dating Gigi Hadid](#)

3. Talk to your partner: Tell them how you are feeling and see how they gauge the situation. Maybe you are overreacting or your increased sensitivity is clouding your judgement. If this is something that persists and you are feeling uncomfortable, then maybe this isn't the relationship for you. On the other hand, if your partner is on the same page and mediation isn't doing the job, maybe you remove yourself from family interactions. You don't want to tear your partner away from their family, but you also have to think of yourself and your

relationship.

What would you do if your family disapproved of your partner? Start a conversation in the comments below!

New Celebrity Couple? Ben Affleck Spotted Making Out with Costar Ana De Armas in Costa Rica



By Ellie Rice

In the latest [celebrity news](#), Ben Affleck was spotted making out with his costar Ana De Armas in Costa Rica! According to *UsMagazine.com*, these two were seen locking lips in the airport security line. The pair are set to star in the upcoming psychological thriller, *Deep Water*, where they play a married couple out for revenge. We love the sound of this relationship and can't wait to see where it goes!

There may be a new celebrity couple in town, as Ben Affleck was spotted getting hot and heavy with

his costar. What are some ways to keep your relationship on the down-low until you're ready to reveal it to family and friends?

Cupid's Advice:

Telling your family and friends about a new relationship can sometimes feel daunting, especially if your previous one didn't end as well as you hoped. If you aren't quite ready to break the news, Cupid has some advice for you:

1. Keep it private: If you're worried your friends might spot the two of you out in public, try keeping your relationship low-key for a while. Spend nights in with your favorite food and a great film. The intimacy of being together and relaxing in the comfort of your own space is unmatched.

Related Link: [Celebrity News: Ben Affleck Had Breakdown While Filming Scene About Broken Marriage](#)

2. Adventure time: Head to the beach or go for a hike! Get out and explore the outdoors with your partner. Seek adventure in places that your friends and family would most likely never spot you. You'll be able to build incredible memories while keeping your relationship under wraps.

Related Link: [Celebrity Exes Ben Affleck and Jennifer Garner Have 'Underlying Tension' Coparenting](#)

3. Keep it casual: When your friends and family ask if you're seeing anyone, it is okay to say yes! Highlight the fact that the relationship is new and that you aren't ready to divulge any details yet. When you feel confident with your partner and where the two of you stand, then consider taking that next step with your loved ones as well.

How would you tell your family and friends about your new relationship? Start a conversation in the comments below.

Celebrity News: Russell Brand Talks About 'Heartbreak' After Katy Perry Baby News



By [Hope Ankney](#)

In the latest [celebrity news](#), Russell Brand has opened up on his past heartbreak after [celebrity ex-wife Katy Perry](#) announced that she's expecting a child with fiance Orlando Bloom. According to *UsMagazine.com*, Brand posted a video to his Instagram on March 5th titled "Healing From a Broken Heart." In the video he discussed his past experiences with love and heartbreak. This came only a day after Perry revealed she was pregnant.

In celebrity news, Russell Brand is opening up about heartbreak right after Katy Perry announced her pregnancy. What are some ways to heal your broken heart when your ex moves on?

Cupid's Advice:

Heartbreak is one of the worst pains imaginable. When you split from someone you had a real connection with, it can be difficult to heal. Sometimes, it can take a long time to not feel that ache in your chest for that other person. It only worsens when you see your ex moving on. How do you heal your broken heart after that happens? Cupid has some [love advice](#) on different ways that you can healthily move past heartbreak after seeing them with someone else:

1. Take a break from social media: Social media can be your worst enemy when it comes to heartbreak. You're tempted to check up on your ex's page. You might creep over to their new partner's profile. Their friends might dominate your feed. If anything, do a bit of social media cleansing and then stay off it as much as possible. The less you look at their stuff, the easier it will be to start the healing process.

Related Link: [Celebrity Couple: Katy Perry & Orlando Bloom Steal Kiss at Misha Nonoo's Rehearsal Dinner](#)

2. Get closure: Sometimes, the best way to start healing from a broken heart is to get closure from this person. Break-ups can be messy and rough. Many times closure isn't involved when two people go their separate ways. Ending on a sour note can leave wounds fresh for a lot longer than necessary. If you're both in a place that you can meet and talk everything out, it could be beneficial for you both.

Related Link: [Celebrity News: Orlando Bloom Reveals How Past Divorce Affects Katy Perry Relationship](#)


3. Take up a new hobby: Sometimes, the best way to get over an ex is to immerse yourself in something new. Pick up cooking or baking. Find art classes in your area. Begin writing again if you've put that down. Look for new outlets to invest your time. The longer your mind focuses on something new and distances itself from environments and people that remind you of that other person, the better it will be for your

heartbreak process.

How have you learned to heal after heartbreak? Let us know in the comments below!

Celebrity Baby News: Katy Perry Is Expecting with Orlando Bloom



 By Ellie Rice

In the latest [celebrity couple news](#), power couple Katy Perry and Orlando Bloom are expecting their first child together! The news came as a shock to fans, as Perry debuted her baby bump as a part of her latest music video. According to *UsMagazine.com*, the baby news was no accident as the pair have been planning to start this new chapter in their lives for a while. We are so excited for this happy couple and can't wait to see what the next few months have in store for them!

In [celebrity baby news](#), Katy Perry and Orlando Bloom are expecting a bundle of joy! What are some ways to know if your relationship is solid enough to introduce children

to the equation?

Cupid's Advice:

Bringing a child into the world is a huge step in any relationship. If you're unsure of when the right time to start the conversation may be, Cupid has some advice for you:

1. You both feel ready: If the topic of children is nothing new to your relationship, then you are already one step ahead! Make sure you both feel confident and mentally ready for this lifelong commitment. Start the conversation with your partner, and gauge their readiness for this next chapter in your lives.

Related Link: [Celebrity News: Orlando Bloom Reveals How Past Divorce Affects Katy Perry Relationship](#)

2. You're financially prepared: Children are expensive! Before you think about having a baby, make sure you are financially stable. If your finances are in order, then start a conversation with your partner and begin the planning process. After your child is born, consider starting a college fund to lessen future financial stress.


Related Link: [Relationship Advice: Keep Your Pregnancy Under Wraps like Cameron Diaz](#)

3. Its all you talk about: Is the conversation of parenthood always coming up? Are you both dreaming of bringing a child into your lives? If your relationship is this strong and you both feel that a child is the next step, take it! Seize these moments and appreciate the wonderful opportunity you both are able to share.

How would you know if your relationship is ready for children? Start a conversation in the comments below.

Celebrity Couple News: Justin Timberlake Throws Jessica Biel Pajama-Themed Birthday Party



 By Ellie Rice

In the latest [celebrity news](#), Jessica Biel celebrated her 38th birthday. According to *UsMagazine.com*, Justin Timberlake helped honor his wife's special day by throwing her a pajama-themed party. Surrounded by loved ones, the intimate event seemed like a night to remember!

In celebrity couple news, comfort is key at this birthday party! What are some laid back party ideas for your partner?

Cupid's Advice:

Not every birthday has to come with a momentous celebration! If you're looking for ways to slow it down this year, Cupid has some advice for you:

1. Keep it simple: Take it easy with your partner this birthday by celebrating with a night in. Pick up some of their favorite foods and spend time relaxing and enjoying each other's company.

Related Link: [Celebrity Couple News: Justin Timberlake Is Trying to 'Prove Himself' to Jessica Biel Post-PDA Drama](#)

2. Book a staycation: Looking to get away without having to actually go very far? Spend the weekend in a hotel! Relax by the pool and celebrate with a couples massage.


Related Link: [Celebrity Couple News: Justin Timberlake Shares Sweet Instagram Photo, Saying Wife Jessica Biel Has His Back](#)

3. Catch a flick: Head to the theater and enjoy a new release. Celebrate by grabbing a bite before! Dinner and a movie will always be an easy and classic choice.

What are some ways to celebrate birthdays with your partner? Start a conversation in the comments below.

Celebrity Couple News: Nick Jonas & Priyanka Chopra Spend 'Magic' Sunday Horseback Riding on the Beach



 By Ellie Rice

In the latest [celebrity news](#), Nick Jonas and Priyanka Chopra spent their Sunday horseback riding along the beaches of Santa Barbara. According to *UsMagazine.com*, the pair rode through the small oceanside city of Carpinteria, appearing as madly in

love as ever. After nearly two years together, this duo is a match made in heaven!

This celebrity couple are all about new experiences. What are some “out of the box” activities you can take part in with your partner?

Cupid’s Advice:

Making memories that will last a lifetime is a crucial part of any relationship. If you’re having difficulty thinking of ways to step outside the box with your partner, Cupid has some advice for you:

1. Face your fears: Afraid of heights? Conquer this fear with your partner by taking a trip in a hot air balloon! This will allow you to reach new heights in your relationship, and face a personal fear head on.

Related Link: [Celebrity News: Nick Jonas & Priyanka Chopra Welcome Furry New Addition to Their Family](#)

2. Spice it up: Take your partner to a cooking class! Spend an afternoon whipping up something delicious while in the company of other couples.

Related Link: [Celebrity Couple News: Priyanka Chopra Jonas Admits She Judged Nick Jonas At First](#)

3. Get sporty: Does your significant other eat, sleep, and breathe sports? Is the biggest game of the day always on in the house? Show your partner you care about their interests by attending a sporting event with them!

What are some ways you find adventure in your relationship? Start a conversation in the comments below!

Celebrity News: Clare Crawley Is Announced as Season 16 'Bachelorette'



 By [Hope Ankney](#)

In the latest [celebrity news](#), a [Bachelor](#) alumnae was announced as the new Season 16 [Bachelorette](#)! According to [UsMagazine.com](#), Clare Crawley is officially continuing her journey to find love. The 38-year-old [reality star](#) revealed herself on *Good Morning America*, stating she had only found out two days prior. She told Lara Spencer, “[It was] So unexpected. I cannot believe it. I mean, six years later. What is happening?” Crawley makes history being the oldest *Bachelorette* to lead the show. Rachel Lindsay was previously the oldest with her season when she was 32. Crawley made her first appearance in 2014 on Juan Pablo’s season and is famously known for telling him off when he didn’t propose to her. She went on to join the franchise three more times with [Bachelor in Paradise](#) and *The Winter Games*, where none of her relationships kept a spark.

In celebrity news, there’s a new *Bachelorette* in town! What are some unique ways to go about finding love?

Cupid’s Advice:

Finding love in this modern dating scene can seem almost impossible. With the many dating apps, the insensitivity that's come with technology and social media, and knowing that traditional ways of finding love are sometimes too unrealistic to play out, it can look pretty bleak out there for all the single folk. But, there are still some unique ways to find love that doesn't rely on apps or constant worrying over social media. You might not get the opportunity to land yourself on a reality show to find love, but Cupid has some [love advice](#) on original ideas on finding love yourself:

1. Ask your friends for set-ups: I know that blind dates can seem terrifying and over-dramatized in film and media, but bringing back this model of finding others can actually work to your advantage. In fact, most young people do find love interests based on their friends. So, if you want to shoot your shot and trust a friend, ask them to help set you up with someone they know. Don't give them any pressure! Just tell them that you're open to anyone new, so they aren't stressed to find you the perfect date.

Related Link: [Celebrity Wedding: 'Bachelorette' JoJo Fletcher & Jordan Rodgers Get Engaged ... Again](#)

2. Live your life for you: When you begin to start getting to know all the facets of who you are, and you live for yourself and no one else, you'll go down a healthy life path. Doing what is right for you means you will be around jobs, places, and near people who further align with your life plan. You'll have a much better chance of meeting a soulmate because they will also have a similar life path.

Related Link: [New Celebrity Couple: 'Bachelor' Kaitlyn Bristowe & Jason Tartick Announce Relationship](#)


3. Use Uber as often as possible: Not technically a social media, this ridesharing service can actually connect you with others you might never meet elsewhere. When you choose the

option to UberPool, you are meeting new people that you could have a connection with. It's like a sort of speed dating that can end the moment you arrive at your location.

What are some unique ways you've found love? Let us know in the comments below!

Celebrity News: Ben Affleck Had Breakdown While Filming Scene About Broken Marriage



 By Ellie Rice

In the latest [celebrity news](#), Ben Affleck was caught in a deeply emotional moment while filming his latest flick, *The Way Back*. According to *UsMagazine.com*, the actor felt parallels between his character's struggles with addiction and his own personal life. Affleck has openly acknowledged his battles with sobriety and how they have affected his career, children, and life with ex-wife Jennifer Garner.

In celebrity news, Ben Affleck is experienced some emotions about his past personal trauma while at work. What are some ways to function at

work when you're going through tough times in your relationship?

Cupid's Advice:

Every relationship goes through challenges and each person will handle them differently. But when you start to feel those struggles affect your work life, Cupid has some advice for you:

1. Separate the two: Take time in the morning to reflect on your relationship and the struggles you are currently facing. Give yourself a few moments to really think about the problems you are having with your partner. Once you are finished, channel your energy solely into your work for the day and do your best to keep your focus locked in on it. By separating the two, you are distracting yourself and productively redirecting your efforts.

Related Link: [Celebrity Exes Ben Affleck and Jennifer Garner Have 'Underlying Tension' Coparenting](#)

2. Take a walk: If your relationship is starting to affect your ability to do your job, then changes need to be made. Start by taking your work breaks outside. Go for a walk or just get some fresh air to allow your body to relax and refocus on the task at hand.


Related Link: [Relationship Advice: How to Cope with a Loved One Who Is an Addict](#)

3. Have lunch with your coworker: Spend some quality time with your friends at work by going out to lunch. By taking a break from your job and socializing over a meal, you will be able to stay healthy and in the company of others.

What are some ways you deal with challenges in your life? Start a conversation in the comments below!

Celebrity Couple News: David Beckham Shares Why He Fell in Love With Spice Girl Victoria Beckham



 By Ellie Rice

In the [latest celebrity news](#), A-list couple David and Victoria Beckham's love seems endless. This past weekend, Victoria shared a sweet video of the pair from back in the day. With David explaining that there wasn't just one thing he loved about Victoria, but instead "the entire package", these two have a relationship to be envied! According to *UsMagazine.com*, not only are the Beckhams a dynamic duo in love, but they're also dynamic as parents to their four children.

In this celebrity couple news, the Beckhams are more in love than ever. What are some ways to keep the love alive after so many years together?

Cupid's Advice:

Showing appreciation for your significant other is one of the keys to long-lasting relationship success. Cupid has some other tips for those looking to have a partnership like the Beckhams:

1. Try new things: Get out and experience life together. Build memories by trying new things. Book a reservation at the new restaurant in town and make time for weekly date nights! Or, visit the new trampoline park in town on Adult Night. Get crazy!

Related Link: [Celebrity Parenting: Victoria Beckham Shares How Motherhood Affected Her Body Image](#)

2. Express yourself: Let your significant other know how much they mean to you with words of affirmation. By telling your loved one how special they are, they will continue to feel it.

Related Link: [Celebrity Couple News: Eva Mendes Reveals Ryan Gosling's Secret Talents in the Kitchen](#)

3. Surprise them: Don't let the adventure fade! Surprise your partner with a trip or new experience in order to reconnect spend quality time together.

What are some ways you keep the love alive in 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.

Related Link: [Royal Celebrity Parents: Meghan Markle & Prince Harry Are 'Enjoying Each Day' with Baby Archie](#)

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.

Related Link: [Relationship Advice: Romance After Baby](#)

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 Couple News: Eva Mendes Reveals Ryan Gosling's Secret Talents in the Kitchen



 By Ellie Rice

In the latest [celebrity news](#), Eva Mendes has revealed on Instagram that her hubby, Ryan Gosling, knows his way around the kitchen. According to *UsMagazine.com*, Mendes stated that her cooking skills are limited to rice and juicing, while Gosling is not only a great chef, but quite the baker as well. The ever so secretive pair rarely share information about their family life, so we love hearing this!

In this celebrity couple news, it's all about appreciation. What are some ways to show your partner you appreciate them?

Cupid's Advice:

Showing your significant other how much you appreciate them is crucial to a healthy and long lasting relationship. Cupid has some advice for how you can go about this:

1. Words of affirmation: Everyone celebrates love in different ways depending on which love language they feel most empowered by. If your significant other likes hearing how much they mean to you, then let them know!

Related Link: [Celebrity Parents: Eva Mendes & Ryan Gosling Are Running Into Trouble Teaching Their Daughters Spanish](#)

2. Give a little: Pick up something special you know your boyfriend or girlfriend has been wanting, or even better, an item *you* think they would love! They will feel cherished and valued.

Related Link: [Celebrity Baby News: Find Out How Falling in Love with Ryan Gosling Changed Eva Mendes' Mind About Motherhood](#)

3. Surprise them: Show your partner you care by proving how much you listen to what they say. Has there been something your significant other has been dying to experience? Surprise them with it! Build memories and show your appreciation all at once.

What are some ways you show your significant other you appreciate them? Start a conversation in the comments below!

Celebrity Exes: Bradley Cooper & Renee Zellweger Reunite at Oscars 2020



 By [Hope Ankney](#)

In the latest [celebrity news](#), [celebrity exes](#) Bradley Cooper and Renee Zellweger were spotted mingling together at the 2020 Oscars. *UsMagazine.com* reported that the two were being cordial with one another before taking their seats as the award show started. The pair began dating soon after working together on the thriller *Case 29* in 2009. They then split back in 2011.

These celebrity exes kept it cordial and mingled at this year's Oscars. What are some reasons to remain cordial with your ex after a break-up?

Cupid's Advice:

Staying cordial with an ex can sometimes be tricky. If you and your ex ended on less than ideal terms, it can be even trickier to find a medium ground between the two of you. It doesn't help if you have to see each other more often than you would like. If you're having trouble keeping it amicable with an ex, don't worry! Cupid has some [relationship advice](#) to help

you wade through those waters after a break-up:

1. Let time pass: Sometimes, the best healing agent is the act of absence. Even if you are forced to be at the same functions or events as an ex, it's easier to stay clear of them until both of you are at a point that you can talk to one another cordially. It'll be less stressful and much more rewarding if you keep your distance when you work on interacting publicly.

Related Link: [‘Bachelorette’ Hannah Brown Runs Into Celebrity Ex Tyler Cameron at People’s Choice Awards](#)

2. Meet up to discuss problems: If you both are at a place that you can meet and hash out your issues, that would be a great step for forging a cordial relationship with an ex. You guys can get everything out into the open, understand why one of you felt the way you did, and find common ground. Besides, this is a perfect opportunity to get closure if you didn't already have it.

Related Link: [Single Celebrity: Tyler Posey Confirms He’s Single After Split](#)

3. Bring friends as support: If you know you're going to have to interact with an ex at a function or event, surround yourself with friends to make sure it all runs smoothly. They won't allow the conversation to go off the rails, and they are a great barrier between any awkward tiffs you and your ex might have if you both were alone.

What are some ways you've learned to be cordial with an ex? Let us know down below!

Celebrity Interview: 'High School Musical: The Musical: The Series' Star Frankie Rodriguez Talks Love and Reboot



 Interview by Lori Bizzoco. Written by Ellie Rice.

Frankie Rodriguez is a young, rising actor known for his work on the *High School Musical* reboot, *High School Musical: The Musical: The Series*, and his guest appearance as Eduardo, on ABC's *Modern Family*. His groundbreaking role as Carlos on *HSMTMTS*, as an openly gay choreographer, has led him to center stage and into the hearts of many. A California native, Rodriguez has always had a love for the entertainment industry and a passion for acting. When not on screen, he loves collecting sneakers and interior decorating! In our exclusive [celebrity interview](#), Rodriguez chats about the show and gives our readers some dating advice for those looking to make the first move.

In our [celebrity interview](#) with *High School Musical: The Musical: The Series* star Frankie Rodriguez, we get a glimpse into the world of young Hollywood, some dating tips,

and insights on the *HSMTMS* series!

HSMTMS follows the students of the East High drama club as they are set to put on the school's first production of "High School Musical". Episodes feature musical numbers unique to the reboot, and some of the beloved melodies from the original. Relationships are formed as the students of East High embark on their high school journey.

Related Link: [Celebrity Interview: The Biggest Loser's Erica Lugo Talks Weight Loss and New Season](#)

As a member of such a beloved franchise and one that has been of constant relevance to popular culture, we asked Rodriguez how it felt to be a Wildcat. "I still pinch myself every morning. Getting to be a part of this franchise has been a literal dream come true." Citing Zac Efron and Ashley Tisdale as the only two original cast members he has yet to meet, he claims to be crossing all fingers and toes in hopes for an interaction with the pair!

We asked Rodriguez how he knew that a career in the film industry was where he should be. He explained, "I always loved singing and dancing, so I think a career in entertainment was always in the cards. I remember watching the sunset on my first night living in Los Angeles and thinking this is exactly where I'm supposed to be."

Related Link: [Relationship Advice: Will Your Perfect Partner Vision Become Reality?](#)

And, with moving to a new city comes new relationships. Viewers watched as Rodriguez' character on the show, Carlos, found love this season after taking that leap of faith, and hopefully inspiring others to do the same. We asked Rodriguez if he had a special someone in his life to which he joked, "Does a cardboard cutout of Zac Efron count? Haha, KIDDING!

Yes, there is someone very special. :)”

Diving into a new relationship can be scary, especially if you are unsure of the other person’s feelings towards you. But as Rodriguez told us, “Take the chance! If they say ‘yes,’ AMAZING! But if it doesn’t turn out your way, that’s okay too! Have your BFF ready with your favorite ice cream and romcom”. We think this is some pretty sound advice, as nothing heals a wounded heart quite like your friends and some Ben & Jerry’s. Anything can happen, and you won’t know until you take that chance, so be brave and bold!

After coming out to his friends and family at fifteen, Rodriguez has been very open about his sexuality. We asked him if he had any advice for teens ready to come out and express their own sexuality. He shared, “Even though coming out can be a little scary, it’s so worth it! After coming out, I was able to put aside the fear of what other people would think, and I was able to live for myself. Life is way too short. Be YOU!”

The courage it takes to fully express yourself and be who you truly are is incredibly inspiring. Rodriguez explained that a standout moment during filming for him was the dance scene in the “Homecoming” episode, where he is able to be himself with the boy he likes. “It was such a moment for Carlos and Seb’s relationship and history making for Disney. I’m so proud of that episode and to be a part of it”. This show serves as a huge step in the direction of inclusion for Disney, as featuring teens from all aspects of life is so important for viewers to see.

So what can we expect from Frankie Rodriguez in the future? With *HSMTMTS* back for a second season, Carlos and the Wildcats will be tearing up our screens once again. Beyond that, we hope to see this self-described Broadway nerd taking the stage one day! As Rodriguez shared with us, “I’m very inspired by nice people who work incredibly hard. I’ve had so many co-workers (including the cast of *HSM*) who inspire me to go above

and beyond". An inspiration to so many himself, we can't wait to see where the future takes him.

Want to keep up with Frankie? You can follow him on [Twitter](#) and [Instagram](#).

Celebrity Interview: The Biggest Loser's Erica Lugo Talks Weight Loss and New Season



Interview by Lori Bizzoco. Written by Ellie Rice

The Biggest Loser's Erica Lugo is a bona-fide weight loss inspiration as she joins the team as the show's newest trainer. After reaching a peak weight of over 300 pounds, she made a decision to change her life once and for all and lost an incredible 160 pounds in two years. The motivation behind her extraordinary lifestyle change was her son Connor. As a dedicated mother, thyroid cancer survivor, and fitness studio owner, Lugo is a triple threat of perseverance and success.

In our exclusive [celebrity interview](#), Erica talks about the new season, her personal weight

loss, and some advice for those looking to change their lifestyle.

How does it feel to be a part of a show that has made such a positive impact in so many people's lives?

I'm so grateful. I knew it would be impactful, but I didn't realize how close I'd become to everyone on the show.

What can viewers expect when they tune into the premiere on the 28th?

Viewers will hopefully be inspired by the contestants – their stories and their commitment to changing their lives.

Related Link: ['The Biggest Loser' Alum Lisa Rambo Talks Marriage and Weight: "We've Lost Over 180 Pounds Together!"](#)

What are you bringing to the table that no other trainer has brought before?

I lost over 150 lbs in the last 6 years so I know how hard the road is. Plus, I'm a recent cancer survivor. Hopefully my story will encourage and inspire people that anything is possible.

You gave really powerful encouragement to an audience member on the Kelly Clarkson show who was currently on her own weight loss journey. What advice can you give to all the men and women out there looking to lose weight, but not lose themselves in the process?

Love yourself and be proud of who you were, who you are and who you're becoming because it's all the same person.

I saw that you are recently engaged, congratulations! Can you tell us a little bit about that?

Thanks! Daniel and I have been together for 2 years and are

planning our wedding for April. It's really exciting to be trying on wedding dresses and making all the plans.

Related Link: ['The Biggest Loser' Contestant Gina McDonald Says, "My Husband Was Very Supportive of Me Going on the Show"](#)

As you may know our site focuses on love and relationships, what advice do you have for our readers looking to balance a career and romance?

Self-care includes making time for yourself and your love so take each day as it comes and do your best to find a balance as you go. Some days will be easier than others.

Staying mentally and physically healthy is an important element to any partnership. Do you have any tips for how to mix fitness into a relationship?

Having the love and support of loved ones is so important. Keep trying activities until you find what works best and is most fun for you and your partner.

Not only are you a trainer on the show, but you also have your own fitness company providing members with training exercises and meal plans. Can you tell us about Erica Fit Love and the Fit Love Squad?

We aim to provide fitness and nutrition programs to people at every stage of their fitness journey.

You have openly spoken about your battle with thyroid cancer. Your strength and confidence is incredibly admirable. What advice do you have for those going through a challenging time?

Work to find strength in yourself and from loved ones.

You've talked about the inspiration behind your weight loss, your son Connor. How does he feel about your role on the show?

I hope I can help contestants because I've been through what they're going through. I know how miserable burpees are and how much determination is required to make a life change to get healthy.

Aside from health and fitness, who is Erica Lugo?

I'm a mom, a fiancée and hopefully a good friend and source of inspiration

Where can we expect to see you in the future?

Hopefully on more seasons of The Biggest Loser because I'm just getting started!

Tune in to USA on Tuesdays at 8/9c to watch this season of The Biggest Loser. Want to keep up with Erica? You can follow her on [Instagram](#) or join the Fit Love Squad [here!](#)

Celebrity Couple News: Beyonce & Jay-Z Stay Seated During National Anthem at Super Bowl



By [Hope Ankney](#)

In the latest [celebrity couple news](#), Beyonce and Jay-Z were spotted sitting during the "National Anthem" at Super Bowl 2020- aligning themselves with Colin Kaepernick. According to [UsMagazine.com](#), the pair and their 8-year-old daughter Blue

Ivy were seated as the rest of the attendees around them stood. This didn't affect their spirits later on in the evening, though, as they were seen having a good time for the majority of the National Championship game. They were even photographed smiling and cutting up with the likes of DJ Khalid sometime, throughout.

In celebrity couple news, Beyonce and Jay-Z stood up for what they believe while staying seated during the National Anthem at the Super Bowl. What are some ways of standing up for what you believe together can bring you closer as a couple?

Cupid's Advice:

Many times it is your beliefs that can be a catalyst for bringing two people together. Those who have a common belief system or are passionate about certain causes can actually have that aspect of their lives bring a solid foundation to a relationship. Standing up for something as a couple is such a powerful feeling. If you are wondering what ways believing in something as a couple can bring you closer with your partner, Cupid has some [love advice](#) on the topic:

1. You can go to events/rallies together: If it is a specific cause you and your partner both support, there's a chance that there are countless events, protests, or charity drives that you can go to together. It's such a wonderful thing to be working alongside your significant other on a cause you both believe in. It allows you the opportunity to get closer and

feel more solidified as a unit by investing your time and efforts together on the things you are passionate about.

Related Link: [Celebrity News: Beyoncé Gives Death Stare As Warriors Owner's Wife Talks to Jay-Z](#)

2. You'll have more stimulating conversation: Being able to have a common belief system or passion gives grounds for better conversation between the two of you. This is especially important if the relationship is fresh, and you're both just getting to know one another. You'll be able to bond over the cause and feel better connected to each other going forward as a couple.


Related Link: [Relationship Advice: Communicate Dislikes like John Legend & Chrissy Teigen](#)

3. You'll be able to build a stronger foundation: The most important aspect of standing up for the same cause as a couple is that it further aligns you as a team. A relationship is all about how both players work together as a team, and the more you both rally around one another with common causes or beliefs, the stronger that foundation will be. You'll soon realize that when the relationship gets more serious or leads towards marriage/kids, it is much more vital for you and your partner to have that team dynamic. Standing up for causes together is a sure way of building on that aspect of your relationship.

How has standing up together as a couple strengthened your relationship? Let us know down below!

Celebrity Break-Up: 'Bachelor in Paradise' Couple Kendall Long & Joe Amabile Split



 By Ellie Rice

In the latest [celebrity news](#), *Bachelor in Paradise*'s beloved Grocery Store Joe Amabile and Kendall Long have split. The pair released a lengthy statement citing distance as the reason behind the breakup. According to *UsMagazine.com*, the decision was mutual as they both still hold a lot of love for each other. It's sad to see a fan favorite couple turn into [celebrity exes](#), but we hope they find love and happiness on their own journeys!

In celebrity break-up news, this *BIP* couple is no more. What are some ways to know your relationship is over and can't be fixed?

Cupid's Advice:

Acknowledging that your relationship is over can be difficult, but moving on to something healthier and happier is worth it. Cupid has some advice for you on when to know when its really over:

1. Your mental health is suffering: If you aren't feeling like yourself anymore, and the relationship is the root cause, it's time to move on. Letting your mental health suffer for the sake of another person isn't healthy or positive. Love the

life you live, with confidence and strength!

Related Link: [Celebrity Break-Up: 'Bachelor in Paradise' Couple Demi Burnett & Kristian Haggerty Split](#)

2. The spark is gone: When your relationship feels more like a friendship, then maybe it's become just that. Relationships evolve over time, sometimes deepening that initial romantic connection and other times shifting into a platonic partnership of comfortability. Recognize this shift and have an honest conversation with your partner. It's not fair to either of you, staying in a romantic relationship that you aren't 100% invested in.

Related Link: [Expert Dating Advice: How To Have Tough Talks With Your Partner](#)

3. The cons outweighs the pros: If you feel like you're fighting about minor or meaningless issues and everything has become a challenge, it's time to analyze your relationship. When you're both unhappy, it can lead to small things becoming big things. Once the bad times start to overpower the good, it's time to go.

What are some healthy ways to move on from a partner? Start a conversation in the comments below!

Celebrity News: Kobe Bryant Dies in Helicopter Crash with Daughter Gianna



✖ By [Hope Ankney](#)

In shocking and devastating [celebrity news](#), Kobe Bryant passed away on Sunday alongside his daughter Gianna after their helicopter crashed in Calabasas. *UsMagazine.com* reported that there were eight other passengers on board the flight when a fire broke out. Fire brigade and paramedics attended the scene but authorities said in a press conference that nine people were confirmed dead. So much pain and tragedy for so many families. Everyone's hearts are broken and grieving for those who lost their loved ones.

In celebrity news, we lost a legend recently. What are some ways to cope with the death of a loved one?

Cupid's Advice:

No words have been able to properly describe how heartbreaking it was to hear the news of the loss of Bryant and his daughter. It's never easy to cope when you lose a loved one, especially in tragic circumstances. If you're struggling with the grieving process of losing a loved one, Cupid has some advice on ways to cope in these trying times:

1. Take care of yourself and your family: It can seem like one of the last priorities when you lose someone, but eating well, getting out of bed in the morning, and trying your best to get enough rest will better help you get through each day. It won't be easy, but it is the baby steps that help one through each day going forward.

Related Link: [Dating Advice: 3 Coping Strategies for Widowers that Work](#)

2. Accept your feelings: There is an array of feelings that

one goes through when they begin the grieving process. It's important that there is no right or wrong way to mourn. Sadness, anger, denial... These are all valid and normal. Don't make yourself feel worse by believing you aren't grieving properly.

Related Link: [Celebrity News: Chris Cornell's Wife Pens Heartbreaking Letter Before Funeral](#)

3. Reach out to others grieving the loss: Community is such a healthy way of coping with the loss of a loved one. It might be hard, but reaching out and helping others who are also grieving this person's loss can be beneficial to both of you. You'll be able to talk to each other about how you're feeling, and not believe you're alone in the process. Sharing stories and feelings about the deceased can help everyone cope.

What are some healthy ways you've learned to grieve a loved one's passing? Comment down below to help others.