

# Celebrity Break-Up: Danica Patrick Is Doing 'Emotional Therapy' After Aaron Rodgers Split



By Alycia Williams

In latest [celebrity news](#), Danica Patrick posted about doing an “emotional therapy” workout just weeks after her [celebrity break-up](#) from NFL quarterback Aaron Rodgers. According to *UsMagazine.com*, Patrick posted a photo on Instagram that showed her posing beside a mountain lake. The photo was captioned “I got me, I always have.” Patrick explained that she started doing The Class workout a week ago after her friend Heather Nielsen said she was loving it. “Turns out, now

I do too!" she wrote of the calisthenics and plyometrics routine.

## **In celebrity break-up news, Danica Patrick is working on herself emotionally after her break-up from Aaron Rodgers. What are some ways to cope during a hard time after a split?**

### **Cupid's Advice:**

A break-up can be hard time in life. Finding ways to get back to your old self is difficult. If your are looking for ways to cope during a hard time after a split, Cupid has some advice for you:

**1. Write it or talk it out:** Writing out your thoughts in a journal, having a good cry, or talking to a therapist can help you process and gain the clarity you need to see why the relationship didn't work and why you'll be better off without your former partner.

**Related Link:** [Celebrity Break-Up: Danica Patricks Posts About 'Pain' After Aaron Rodgers Split](#)

**2. Get active:** Going for a run or hitting the elliptical can lower your stress levels, improve cognitive functioning and boost your mood in addition to providing a healthy distraction from your worries. Even if exercising is the last thing you want to do, the act of simply getting out of your head and focusing your awareness on your body can be helpful.

**Related Link:** [Celebrity Break-up News: Brian Austin Green Confirms Split from Megan Fox After 10 Years of Marriage](#)

**3. Do things you love:** Treat yourself to something that make you feel good, whether it's a cup of coffee with a friend or a massage. Self-care is essential to the healing process, and doing things that make you smile can help you heal.

What are some other ways to cope during a hard time after a split? Start a conversation in the comments below!

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## Celebrity Baby News: Nikki Bella Gives Birth to 1st Child with Artem Chigvintsev



By Alycia Williams

In latest [celebrity news](#), *Total Bellas* star Nikki Bella gave birth to her and fiancé Artem Chigvintsev's [celebrity baby](#) on Friday, July 31. According to *UsMagazine.com*, Bella posted a photo of her son's tiny hand and captioned the photo, "Our baby boy is here and we couldn't be HAPPIER and more in LOVE! Everyone is safe and healthy."

## **In celebrity baby news, Nikki and Artem welcomed a baby boy. What are some ways to announce your new arrival to family and friends?**

### **Cupid's Advice:**

New babies bring joy and happiness to the entire family and all of your close friends. Sometimes trying to tell everyone about the arrival of your baby can be a hassle and seem extremely repetitive. If you are looking for ways to announce your new arrival to the people closest to you, Cupid has some advice for you:

**1. Use social media:** Instead of calling and texting everyone one by one you can do what Nikki and Artem did and post something to social media letting everyone know about your new baby. That way you know that all of your followers know and you're friends and family can congratulate you through the comments.

**Related Link:** [Celebrity News: Pregnant Nikki Bella Shares Sweet Note to Fiancé Artem Chigvintsev](#)

**2. Plan a get together:** After having your baby, you can plan something small like a barbecue or house party and invite the people closest to you. When your guests come, they'll be able

to meet the new addition to your family.

**Related Link:** [Celebrity Exes: Nikki Bella Prays for John Cena to Find Happiness](#)

**3. Send photos:** You can have professional newborn pictures taken of your baby or take pictures with your phone and send them to your friends and family. It can be through text message or you can mail them an actual photo. Either way they'll know about your little bundle of joy.

What are some other ways to announce your new arrival to family and friends? Start a conversation in the comments below!

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## Health Tips: How Adopting a Pet Can Help Your Mental Health





By Alycia Williams

Pets bring so many different emotions to many different people. Whether it's happiness and energy or relaxation and a sense of calm, pets tend to bring a different energy for all of us. In fact, pets can help with your mental health. Maintaining good mental health is so important, and having a pet can help maintain your mental health. [Health tips](#) are needed to decide whether you should get that pet you've always wanted.

**If you're indecisive on whether you should adopt a pet, here are some health tips on how a pet can help your mental health.**

**1. Pets can help us to relax:** To reduce stress and anxieties in your life, you can play with your pets. Taking care of a dog or cat can be a great way to increase your happiness and



self-confidence.

**Related Link:** [Date Idea: Cuddle With a Furry Friend](#)

**2. Pets can get your mind off of your problems:** A person could do an activity with their pets that will give them a fresh perspective on things. Spending time with animals will get your mind off your fear-related problems and give you the energy to do other things.

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

**3. Pets reduce loneliness:** Spending time with a pet can be a great source of companionship. Animals can be good company to all of us and can prevent the fear of being alone during our troubles.

**4. Pets are 100% faithful:** A pet will be by your side through the good and bad times. People in our lives come and go, but your pet will never leave you regardless of how bad your problems may be.

**5. You can find a pet that suits your needs:** There are many different breeds of dogs and cats you can choose from which can accommodate your lifestyle. Talk to a pet expert or a veterinarian on what type of dog to get that will fit in with your household.

**6. Pets are great for your health:** By adopting a pet, you will be saving a life, an animal that could very well become your best friend. A pet will love you unconditionally. Adopting a pet can be beneficial to your health and can be one of the best things that you can do in your life.

**7. Pets help us build healthy habits:** Physical activity, time in nature, and getting up in the morning are things that we should be devoting time towards but a pet can ensure that you stick to those healthy habits.

What are some other ways pets can help with your mental health? start a conversation in the comments below!

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# Celebrity News: False Alarm! 'Pump Rules' Lala Kent & Randall Emmett Are Still Together



By Alycia Williams

In latest [celebrity news](#), [reality TV star](#) Lala Kent cleared



the air regarding split speculation surrounding her and fiancé Randall Emmett, after deleting photos of him via social media over the weekend. According to *UsMagazine.com*, the *Vanderpump Rules* star posted a statement on her Instagram story that cleared everything up. “It won’t be the last time I archive pictures of Rand when he makes me mad. I’m petty AF. It will happen again and again until I grow out of it & it’s the most petty thing I do, I’m okay with it.” She later added. “Also, Rand and I have never followed each other, in fact we have had each other blocked since we got together.”

## **In celebrity news, Lala Kent cleared the air about rumors that she and her fiancé Randall were on the rocks. What are some ways to keep rumors from affecting your relationship?**

### **Cupid’s Advice:**

Rumors are inevitable especially if you’re in the public eye. Although dodging rumors is impossible that doesn’t mean it need to affect your relationship. If you are looking to keep rumor from affecting your relationship, Cupid has some advice for you:

**1. Don’t pay it any mind:** Ignoring rumors is the perfect way to help it die out fast. If you don’t give the rumor any attention it shows that you’re too mature to entertain fake news.

**Related Link:** [Celebrity News: Lala Kent Says Life is a ‘Mess’ & Deletes Pics of Fiance Randall Emmett](#)

**2. Address the rumors:** Although ignoring works, addressing the rumors head on works as well. Shutting down the rumors as soon as you hear them is quick way to keep anyone else from talking about it.

**Related Link:** [Celebrity News: 'Pump Rules' Lala Kent Deletes Instagram Pics of Fiance Randall Emmett](#)

**3. Don't give people something to talk about:** If you keep your relationship out of spotlight, then people won't have anything to say about your relationship due to the fact that they don't know anything about it.

**What are some other ways to keep rumors from affecting your relationship? Start a conversation in the comments below!**

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## **Celebrity Break-Up: 'Riverdale' Star Vanessa Morgan & Michael Kopech Split Days After Announcing Pregnancy**





By Alycia Williams

In latest [celebrity news](#), *Riverdale* star Vanessa Morgan announced her [celebrity break-up](#) from Michael Kopech just days after she announced her [celebrity pregnancy](#). According to *UsMagazine.com*, the couple exchanged vows in January and seven months later, she has announced that she'll be welcoming a baby boy along with the news that she will be divorcing Kopech.

**In celebrity break-up news, Vanessa and Michael are calling it quits even though they're expecting a baby together. What are some ways to make your relationship work for the sake of your children?**

**Cupid's Advice:**

Relationships can be difficult to manage, and you may break up or stay together for different reasons. Giving your relationship another shot for the sake of the kids isn't an unpopular decision, but how do you make the relationship work once you've decided to stay together? If you find yourself in this situation, Cupid has some advice for you:

**1. Kids come first:** You and your partner have at the very least one thing in common and that is the children you share. Devote your energy and time toward your kids for the best outcome.

**Related Link:** [Celebrity Break-Up: Jordana Brewster & Andrew Form 'Quietly Separated' Earlier This Year](#)

**2. Take care of each other:** Since you both are devoting a lot of your time to your children the extra time that you both get has to be spent taking care of each other. You two are a team so don't be afraid to be a team player.

**Related Link:** [Celebrity Exes: Khloe Kardashian & Tristan Thompson Reunite at True's 1st Birthday Party](#)

**3. Don't forget about date night:** Try your best to have a set time where the babysitter comes and you and your partner have a night out on the town. Spend that quality time together to remind yourself why you got together in the first place.

**What are some other ways to make your relationship work for the sake of your children? Start a conversation in the comments below!**

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# Parenting Tips: How to Help a Young Child Understand the Pandemic



By Alycia Williams

A pandemic can be a hard concept for young children to understand. It can be hard to determine what you should say to them versus what you shouldn't say. You want to be truthful, but not too truthful to the point where you scare them. It's a thin line to walk, but as the parent you have to figure out what to say when your child asks these tough questions. You'll definitely need some [parenting tips](#) for talking to your children about the pandemic.

# Are you trying to figure out what to say to your young kids about the pandemic? Here is some parenting tips for what to say to them?

**1. Find out what your child already knows:** Ask questions to determine what you're up against. Ask "What are you hearing about coronavirus? What questions do you have? Do you have questions about the new sickness that's going around?" This gives you a chance to learn how much kids know and to find out if they're hearing the wrong information.

**Related Link:** [Parenting Tips on Lockdown: How to Keep Your Family Entertained](#)

**2. Be honest:** Answer their questions the best way you can and as truthful as possible. Don't offer more detail than your child is interested in. Keep things to a minimum. If your child asks about something and you don't know the answer, say so.

**Related Link:** [Parenting Tips for Learning at Home](#)

**3. Keep the conversation going:** Keep checking in with your child. Use talking about coronavirus as a way to help kids learn about their bodies, like how the immune system fights disease. Talk about current events with your kids often. It's important to help them think through stories they hear about. Ask questions: What do you think about these events? How do you think these things happen? Such questions also encourage conversation about non-news topics.

**4. Make yourself available to listen:** Let children know that if they feel unsure about something, feel scared or have more questions that they can come to you.



**5. Provide age-appropriate information:** For different age groups you should change around what you say. You don't want your teenager to feel like a baby and for your young child to be confused. Make the necessary changes to what you say so that it specifically fits the child.

What are some other tips for talking to your children about the pandemic? Start a conversation in the comments below!

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## Celebrity News: Kanye West Visits Hospital for 'Anxiety' After Apologizing to Kim Kardashian





By Alycia Williams

In latest [celebrity news](#), Kanye West visited a hospital near his ranch in Cody, Wyoming, after publicly apologizing to his wife, Kim Kardashian. According to *UsMagazine.com*, West has been experiencing a lot of anxiety lately, and he has been surrounded by a lot of people and started to feel really overwhelmed. West decided to go to the hospital to get checked out. "I would like to apologize to my wife Kim for going public with something that was a private matter," he tweeted. "I did not cover her like she has covered me. To Kim I want to say I know I hurt you. Please forgive me. Thank you for always being there for me." West is reportedly feeling much better now and the [famous celebrity couple](#) are getting back on good terms.

**In celebrity news, Kanye West is picking up the pieces after his**

# Twitter rant against wife Kim Kardashian. What are some ways to show your partner you're truly sorry for something you did?

## Cupid's Advice:

Apologies can be difficult to deliver and even then, it isn't a sure thing that you'll be forgiven. If you're looking for ways to show your partner you're truly sorry for something you did, Cupid has some advice for you:

**1. Make a big statement:** Sometimes the best apology isn't just to your partner, but on a big platform for a lot of people to see. That can be done on social media or may be at a big event with a lot of people. Overall you're trying to achieve the goal of multiple people seeing or hearing your apology.

**Related Link:** [Celebrity News: Jessica Biel Pushed Justin Timberlake to Publicly Apologize After PDA Scandal](#)

**2. Let your actions speak louder:** There's one thing to say you're sorry and then another thing to actually be sorry. After you apologize, you need to make sure that you're not making the same mistakes. Show your partner that you truly are sorry after you tell them.

**Related Link:** [Celebrity News: 'Jersey Shore' Star Ronnie Ortiz-Magro Apologies to Jen Harley & Their Daughter](#)

**3. Offer to do what's needed:** Now that you've apologized, that doesn't mean you're completely in the clear. Ask your partner if there's anything that you can do to make them feel better. Be there to support them in whatever that they need.

**What are some other ways to show your partner you're truly**

sorry for something you did? Start a conversation in the comments below!

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# Celebrity News: Lala Kent Says Life is a 'Mess' & Deletes Pics of Fiance Randall Emmett



By Alycia Williams

In latest [celebrity news](#), [reality TV star](#) Lala Kent posted a

mysterious message about making “mistakes” on Sunday, July 26, after deleting photos of fiancé Randall Emmett from Instagram. According to *UsMagazine.com*, Kent’s message said “Dear God, it is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine & I will begin a searching & fearless moral inventory. I will write down my wrongs but I will also include that which is good. I pray for the strength to complete the task.” The message came after she deleted all photos with Emmett and unfollowed him from Instagram.

## **In celebrity news, Lala Kent and her fiancé Randall Emmett’s relationship may be on the rocks. What are some ways to use social media to cope with a rocky relationship?**

### **Cupid’s Advice:**

When any relationship is on the rocks, it’s really hard to determine which way the boat will tip. Either way, you’ll need to manage your rocky relationship and ride it out. If you are looking for new ways to cope with a rocky relationship via social media, Cupid has some advice for you:

**1. Stay connected with friends:** Social media provides an amazing way for you to stay connected to people that may actually be far away. Liking pictures, leaving comments, viewing stories, and talking in dm’s is a great way to keep your mind off of your rocky relationship.

**Related Link:** [Celebrity Exes: Brooks Laich Steps Out Without Wedding Ring After Julianne Hough Split](#)

**2. Archive photos:** On social media you have the option to archive photos, which means the photos won't be seen on your page, but you'll always have the option to display them back on your page. This works best for rocky relationships because if you both work things out you can display the pictures back on your page, if it doesn't then you can delete them for good.

**Related Link:** [Celebrity News: Brian Austin Green Shares Cryptic Post After Wife Megan Fox is Spotted with Machine Gun Kelly](#)

**3. Explore new things:** Social media is not just for liking your friends picture, there is countless amount of things for you to learn and become interested in. Whether it's cooking a new recipe, learning a new workout routine, or figuring out how to do a new hairstyle. You can find it all on social media.

What are some other ways to use social media to cope with a rocky relationship? Start a conversation in the comments below!

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## Beauty Tips: Flawless Foundation







By Alycia Williams

Foundation is the base of every great makeup look. It can make or break your entire look if not done correctly. Finding out new [beauty tricks](#) when it comes to applying your foundation can be great, but once you have the correct [beauty tips](#) for applying foundation, you may not need any tricks.

## Here are the beauty tips you need to have flawless foundation.

**1. Start with a clean canvas:** Your foundation will only look as good as the skin underneath, so maintaining a consistent skin care routine is key. Right before applying foundation, it's important to cleanse your skin to help prevent clogged pores and remove any dirt that may be dulling your natural radiance. Next, gently exfoliate your skin to sweep away any dry, dead skin cells that may cause foundation to go on unevenly or look flaky. Finally, apply moisturizer; foundation sinks best into hydrated skin.

**Related Link:** [Beauty Trends: Date Night Makeup Looks to Match Your Style](#)

**2. Take the time to prime:** A primer may add an additional step to your makeup routine, but it will go a long way to ensure that your foundation looks flawless because it turns your skin into a perfectly smooth surface.

**Related Link:** [Beauty Tips: Choosing and Using Blush Based On Your Needs](#)

**3. Be conservative:** Always start by applying just a little bit of foundation, and then add more until you have just the right amount of coverage. The goal is to only apply foundation where you need it, so that your skin still looks like skin. If you have to apply foundation all over your face for it to look even, then you're using the wrong shade.

**4. Work from the inside out:** Concentrate the foundation in the center of your face where redness and blemishes tend to be more problematic. Apply just a dab of foundation on each side of your nose, and in the center of your forehead and chin, then blend outward. After it is all blended in, pinpoint any other areas of the face where blemishes are visible and apply an additional light layer of foundation in those specific areas.

**5. Stipple, don't rub:** Whether you're using a foundation brush or your fingertips, apply foundation in a stippling motion, which means gently tapping it into your skin. Avoid any wiping or rubbing motions because that will only push the foundation around and cause streaks.

**6. Don't forget your ears!:** Often overlooked, your ears are a part of your face, too. If you're prone to red lobes, lightly sweep your foundation brush over them so that they blend in with the rest of your face.

**7. Set it and forget it:** Most people associate powder with a

matte, cakey look, but dusting a silky loose setting powder, like Blended Loose Powder, over your foundation will ensure it won't budge without dulling its finish.

**What are some other tips for having flawless foundation? Start conversation in the comments below!**

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## **Celebrity Exes: Amber Heard Says Johnny Depp Accused Her of Cheating with Channing Tatum & Leo DiCaprio**





By Alycia Williams

In latest [celebrity news](#), Johnny Depp accused his ex-wife Amber Heard of having multiple affairs with her co-stars while they were married. According to *UsMagazine.com*, after their [celebrity break-up](#), Depp has accused Heard of having affairs with Eddie Redmayne, James Franco, Jim Sturgess, Kevin Costner, Liam Hemsworth, Billy Bob Thornton, Channing Tatum, and Kelli Garner. Depp has also claimed that the actress had a affair with Leonardo DiCaprio after she once auditioned with him. “He would taunt me about it especially when he was drunk or high and had derogatory nicknames for every one of my male costars he considered a sexual threat,” Heard continued. “Leonardo DiCaprio was ‘pumpkin-head,’ Channing Tatum was ‘potato-head’ and ‘Jim Turd Sturgess.’”

**These celebrity exes are battling  
it out in court, and**

# accusations are being thrown around in the process. What are some ways to keep your split amicable?

## Cupid's Advice:

While break-ups can tend to be messy, especially when coming out of a long term relationship it's important to try to keep things as clean as possible. If you're looking for ways to keep your split amicable, Cupid has some advice for you:

**1. Don't talk negatively about your ex:** It'll be hard to be friendly with your ex if you're talking negatively about them or vice versa. Make sure all the comments you make about your ex is positive and if you have nothing nice to say, don't say anything.

**Related Link:** [Celebrity Exes: Jessie J Shares Sweet Birthday Tribute to Channing Tatum Weeks After Split](#)

**2. Wish the best for them:** Part of splitting amicably is wanting the best for your ex in life. Secretly wishing negativity on them is going to show through your actions. Sincerely want the best for them and that's what will show through your actions.

**Related Link:** [Celebrity Exes: Kristen Stewart Is 'So Happy' Ex Robert Pattinson is Batman](#)

**3. Don't blame your ex:** When things go wrong in a relationship it can be easy to place the blame of your break-up on your ex. Don't blame anyone for your past relationship, it's nobody's fault, not everyone is meant for one another.

**What are some more ways to keep your split amicable? Start a conversation in the comments below!**

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# Celebrity News: Find Out What's Going On Between Former 'Bachelor' Colton Underwood and Lucy Hale



By Alycia Williams

In latest [celebrity news](#), former [reality TV star](#) Colton Underwood appears to be moving on from his split with Cassie Randolph. According to *EOnline.com*, Underwood has been going on casual dates with actress Lucy Hale. It's nothing serious yet, but they are both interested in each other. Underwood has



spent time at Hale's house the past couple of weeks as they've been going on dates. Although it's very new for them, they've known each other for a while through mutual friends. Halle has always been interested in Underwood and she was happy to learn that the feeling was mutual.

## **In celebrity news, Colton may be moving on with actress Lucy Hale. What are some ways to ease into a new relationship?**

### **Cupid's Advice:**

Starting a new relationship is leaves you feeling warm inside and eager to rush into your relationship. If you're looking for ways to ease into a new relationship, Cupid has some advice for you:

**1. Try new things together:** When you're taking it slow, you have all the time in the world to actually enjoy dating. That's because you're probably going on more legit dates with your person, so you have more opportunities to make them fun and exciting, not dinner and a movie. And trying something new together can place you both in a position where you're newbies to the activity, and you can bond over how 'out of place' or natural the new activity feels.

**Related Link:** [Celebrity News: Colton Underwood & Madison Prewett Get Friendly on IG After His Split from Cassie Randolph](#)

**2. Share something you love with your new partner:** Figuring out compatibility is pretty important, so sharing your interests whether it's rock climbing, comedy, trying new foods with the person you're dating to help you decide if it's a match. This will help you feel more comfortable on a date,

while helping your partner get to know you and your world.

**Related Link:** [Celebrity Break-Up: 'Bachelor' Alum Colton Underwood Jokes About Split from Cassie Randolph](#)

**3. Don't use texting as a crutch:** Sure, texting is super convenient, but it's not the best form of communication when you're just getting to know someone. If you both can't meet up try talking on the phone or using video chat.

**What are some more ways to ease into a new relationship? Start a **conversation in the comments below!****

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## Travel Advice: The Best Games to Play on Road Trips





By Alycia Williams

Road trips have the potential to be really fun, but sometimes it can be a long, grueling, and silent ride. Making the most of a road trip is important, and the best way to do it is with games. Avoid those silent moments with these [travel tips](#) on what games works best for road trips.

## Here is some travel advice for the best games to play during a road trip.

**1. The Alphabet game:** In this classic road trip game that doesn't require a board or game pieces, players attempt to find words starting with every letter of the alphabet, going in order from A to Z. To make this game more competitive, someone can pick a category like groceries/food, animals, places, or famous people, and the people in the car will take turns naming items from that category that begin with ascending letters from A to Z.

**Related Link:** [Date Idea: Get Off the Grid](#)

**2. 20 questions:** One player thinks of a person, place, or thing. The others take turns asking yes-or-no questions; after each question, they get a guess about what/where/who it is. If they don't solve it after 20 questions, they lose.

**Related Link:** [Date Idea: Explore Love on a Road Trip](#)

**3. Cows on my side:** This simple kids' road trip game is a lot of fun for families driving through the countryside. When you see cows on your side of the road, yell "Cows on my side!" You get a point for each time you call a group of cows. If you spot cows on the opposite side, you can yell "Cows on your side!" and steal a point from your opponent. Passing a cemetery? The first person to yell "Ghost cow!" steals all the other side's points.

**4. What am I counting?:** In this guessing game one person starts counting something out loud as they see it... but they don't tell anyone what they are counting. The rest of the players have to figure out what they are counting.

**5. Hum that tune:** One player starts the game by humming a well-known song. The first person to guess the tune correctly gets to be the next "hummer." It sounds super simple, but it's often trickier than it seems!

**6. Six degrees of movie fun:** To begin this one, one family member names any actor. The next person names a movie the actor was in. The following person names someone *else* in that movie that hasn't already been said, and so on going back and forth between movie titles and actors until someone is unable to answer.

**7. Going on a picnic:** This is a story memory game where someone says "I'm going on a picnic and I'm going to bring..." and then lists an item. The next person begins "I'm going on a picnic and I'm going to bring..." and must list the first

person's item before adding their own item. The list grows and grows and the first person to not be able to correctly list all the items is the loser.

What are some other games to play on a road trip? Start a conversation in the comments below!

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## Celebrity Couple News: Megan Fox & Machine Gun Kelly Hold Hands in Puerto Rico



By Alycia Williams

In latest [celebrity news](#), Megan Fox and Machine Gun Kelly were spotted at a luxury resort in Puerto Rico during their [celebrity vacation](#). According to *UsMagazine.com*, the [celebrity couple](#) flew to the Caribbean island on Wednesday, July 15, to resume filming their movie, *Midnight in the Switchgrass*. Fox and Kelly met on the set of the film in March and went public with their relationship shortly after her husband, Brian Austin Green, confirmed in May that the pair had split after 10 years of marriage.

## **In celebrity couple news, Megan Fox and Machine Gun Kelly are vacationing together. What are some ways traveling with your new partner can help solidify your relationship?**

### **Cupid's Advice:**

Sometimes vacations are extremely needed! Going on vacation with your partner can really strengthen your relationship. If you are looking for ways that traveling with your new partner can help solidify your relationship, Cupid has some advice for you:

**1. Make memories:** Traveling with your partner can create memories that you both will look back on for years to come. Holding onto these good memories will help you through the rough patches that you'll have with your partner.

**Relates Link:** [Travel Destinations: 5 Peaceful and Relaxing Vacations for Couples](#)

**2. Increased passion:** By trying new things with your partner,



the passion in your relationship will grow stronger and stronger. The thrill of accomplishing any exciting activity will ignite a deep passion in your relationship, one you can only share with your partner.

**Related Link:** [Celebrity Getaway: Scheana Shay & BF Vacation With James & Raquel Amid 'Pump Rules' Firings](#)

**3. Get to know each other on a deeper level:** By vacationing with your partner, you have all the time in the world to spend with just you and your partner. You can learn new things about each other that you haven't uncovered yet, and you can experience new things you never thought of. You'll be able to return to your day to day lifestyle with a new understanding of your partner, and who you both are as individuals.

What are some more ways traveling with your new partner can help solidify your relationship? Start a **conversation in the comments below!**

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## Celebrity Break-Up: Danica Patrick's Posts About 'Pain' After Aaron Rodgers Split





By Alycia Williams

In latest [celebrity news](#), Danica Patrick is focusing on her emotional well-being after her [celebrity break-up](#) from Aaron Rodgers. According to *UsMagazine.com*, Patrick shared that she watched a video on where trauma is stored in the body. She also shared a few quotes to her Instagram. “You know the saying ‘gut feeling’? I have found it speaks to me before the mind. I take it as an invitation to stop and look within. I journal and ask what could be going on?” She later shared another quote: “The pain that we are given is the pain that we pass on.”

**In celebrity break-up news, Danica Patrick seems to be having a rough time after her split from Aaron Rodgers. What are some ways to**

# communicate your pain to family and friends?

## Cupid's Advice:

Feeling pain after a break-up is completely natural and expected, but holding onto that pain will only make it worse. If you are looking for ways to communicate your pain to your friends and family, Cupid has some advice for you:

**1. Find out who you're most comfortable with:** Telling all of your friends and all of your family about your pain won't be helpful because you'll just keep repeating yourself. Out of everyone find two or three people you feel the most comfortable talking to and anytime you feel like you need to talk you should call one of them.

**Related Link:** [Celebrity Break-up News: Brian Austin Green Confirms Split from Megan Fox After 10 Years of Marriage](#)

**2. Don't hold back:** The whole point of talking to your friends and family is to get what you need off your chest. That won't work if you leave stuff out. Be open and honest with them to really lay out all of the pain.

**Related Link:** [Celebrity Break-Up: Kylie Jenner & Travis Scott Are Taking a Break](#)

**3. Find out what works best for you:** Since this is your time to release pain you should have control over every detail. Whether it's texting, calling, or meeting up in person, whatever makes you feel the most comfortable is what you should be doing.

**What are some other ways to communicate your pain to family and friends? Start a conversation in comments below!**

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# Celebrity News: Jada Pinkett Smith and Will Smith's Public Split Discussion Was 'Best Move' for Them



By Alycia Williams

In latest [celebrity news](#), Will Smith and Jada Pinkett Smith are content after speaking their truth and discussing their past breakup in public after August Alsina's affair claims. According to *UsMagazine.com*, They are a very vulnerable and open pair, and they felt opening up about the situation is the

best move for their family. The [celebrity couple](#) opened up about their past split during the Friday, July 10, episode of her Facebook Watch series, *Red Table Talk*, after Alsina, claimed that he had a years-long affair with Pinkett Smith. The couple discussed the her brief “entanglement” with the singer, noting it happened when she and Will were separated.

**In celebrity news, Jada and Will felt going public with their marital woes was the best move for them, as an open and vulnerable pair. What are some ways being open with your friends and family about your relationship can make you stronger as a couple?**

#### **Cupid's Advice:**

Relationships are bound to go through their ups and downs and not every couple feels comfortable letting the people around them know when they're going through a a difficult time. If you're looking for reasons to be open with you're friends and family about your relationship, Cupid has some advice for you:

**1. You aren't hiding:** Hiding things about your relationship from your friends and family is a full-time job. Knowing that everything is on the table about your relationship will have you both feeling free and open.

**Related Link:** [Celebrity Couple News: Find Out How Cardi B & Offset Make Their Relationship Work](#)

**2. You may receive help:** If you're going through a rough patch

with your partner and you let your friends and family know, they may be able to offer help and advice. Which can result in the rough patch ending a lot sooner.

**Related Link:** [Celebrity Couple News: Kim Kardashian & Kanye West Are on 'Different Pages' Amid Quarantine](#)

**3. You can move on:** Once the closest people in your life know when you and your partner is going through a hard time, and it's over, you both can quickly move on from that. You won't spend extra time dwelling on the situation because your friends and family will be caught up to speed.

What are some other ways being open with your friends and family about your relationship can make you stronger as a couple? Start a conversation in the comments below!

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## Health Advice: Diet Tips for Boosting Your Immunity





By Alycia Williams

Boosting your immunity is crucial during these times, especially in light of the pandemic. You want to have the best immune system you can possibly have, and the only way you'll be able to do that is by getting some [health advice](#). We have some [health tips](#) for building your immune system.

**Here is some health advice when it comes to eating the right foods to strengthen your immune system.**

**1. Colorful fruits and vegetables:** Fruits and vegetables are the go-to for building your immune system. They contain all the essential vitamins that will give a boost to your immune system and help keep diseases at bay.

**Related Link:** [Health Trend: Intuitive Eating](#)

**2. Carrots, spinach and sweet potatoes:** These foods contain good compounds that help in cell proliferation, or rapid



growth of new cells in the body. This is a key component of immune system's health and thus these foods are important.

**Related Link:** [Health Trend: Hydration Hype](#)

**3. Vitamin C-rich foods:** Vitamin C is very beneficial in the quest to keep the immune system functional and healthy. Citrus fruits such as oranges and lemons can help with inflammation and prevent infections from occurring in the body.

**4. Omega-3 fatty acids:** These good fats are found in nuts and seeds such as flax or chia seeds. They help build a good and healthy immune system, according to research.

**5. Probiotics and fermented food:** These foods are loaded with good bacteria which help in maintaining a healthy gut. The gut is where 70% of our immune system is housed, which is why probiotics such as yogurt or kombucha can be a wonderful addition to the diet.

**6. Limit added sugars:** Emerging research suggests that added sugars and refined carbs may contribute disproportionately to overweight and obesity. Obesity may likewise increase your risk of getting sick.

**7. Stay hydrated:** Hydration doesn't directly protect you from germs and viruses, but preventing dehydration is important to your overall health. Dehydration can cause headaches and hinder your physical performance, focus, mood, digestion, and heart and kidney function. These complications can increase your susceptibility to illness.

**What are some more health advice for boasting your immune system? Start a **conversation in the comments below!****

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# Royal Celebrity Couple Prince Harry & Meghan Markle Step Out in Matching Masks in Beverly Hills



By Alycia Williams

In latest [celebrity news](#), [celebrity couple](#) Prince Harry and Meghan Markle are enjoying their time together in Los Angeles. The Duke and Duchess of Sussex were spotted on Friday afternoon, walking side-by-side as they waited for their car from a valet in Beverly Hills, wearing matching face masks. Harry and Meghan relocated to California with their one-year-old son Archie in March, and the couple is said to be living in Tyler Perry's Beverly Hills mansion.

# **This royal celebrity couple is following protocol when it comes to COVID-19. What are some ways to support each other through the pandemic?**

## **Cupid's Advice:**

This pandemic has been a crazy roller coaster ride and it's hard to determine what's coming next, which can make your relationship rocky after a while. If you are looking for ways to support your partner through the pandemic, Cupid has some advice for you:

**1. Make time for each other:** It can be easy to get set in your ways and do what you want to do during the pandemic, but set aside some time for your partner. Whether it's twice a week, once a week, or everyday, it's nice to have time specifically set aside for your partner.

**Related Link:** [Celebrity News: Chris Lane Reveals Quarantine Has Strengthened Relationship with Lauren Bushnell](#)

**2. Try to get out when you can:** Being in the house all day can be really suffocating, so try to get out with your partner. You don't have to go to an extravagant place together; it can be just a walk around the block or you can sit right outside your door together. Try to breathe in that fresh air together.

**Related Link:** [New Celebrity Couple: Sophia Bush & Grant Hughes Get Cozy in Masks as They Step Out in Malibu Together](#)

**3. Alone time is okay:** Being together is great, but having some alone time can be really therapeutic for you both. You should also set aside time for you both to be separate and do what you want to do what you want with your free time.

What are some other ways to support each other through the pandemic? Start a conversation in the comments below!

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# Celebrity News: Kelly Preston Dies from Breast Cancer at 57 & John Travolta Pays Tribute



By Alycia Williams

In latest [celebrity news](#), Kelly Preston died on July 12, 2020 after a long battle with breast cancer. According to *UsMagazine.com*, Preston's husband, John Travolta, paid tribute

to his late wife in a Instagram post. "She fought a courageous fight with the love and support of so many," Travolta wrote. "Kelly's love and life will always be remembered." The [celebrity couple](#) shared three kids together. Their eldest child died at the age of 16 in 2009, but Travolta mentions that he will be taking time off to care for his other two kids who have lost their mother.

## **In celebrity news, tragedy has struck Hollywood, as Kelly Preston passed away after a two year battle with breast cancer. How do you cope with the loss of your significant other?**

### **Cupid's Advice:**

No one is ever really prepared for a loss of a loved one, especially not your significant other. If you're looking to cope with the loss of your partner, Cupid has some advice for you:

**1. Allow yourself to cry:** It's not healthy to keep your emotions inside, especially when it comes to something as drastic as a lost life. Don't hold your feeling back, no matter where you are. Allow yourself to cry and to feel that pain.

**Related Link:** [Celebrity News: Kobe Bryant Dies in Helicopter Crash with Daughter Gianna](#)

**2. Go easy on yourself:** There is no right way to feel when it comes to losing a partner. Don't get down on yourself if you're too sad or not sad enough, as everyone deals with grief

differently and you're entitled to your own feelings.

**Related Link:** [Celebrity News: Kate Spade's Husband Breaks Silence After Her Death By Suicide](#)

**3. Seek support:** When you're grieving, it's sometimes best to be around your family and friends. The people who love you and want the best for you are the people who you need to seek support from. Reach out more often than you usually would, especially those times when you're feeling lonely.

**How do you cope with the loss of your significant other? Start a conversation in the comments below!**

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## Parenting Advice: Breaking the Negativity Loop







By Alycia Williams

Being a parent is hard work, and on a day-to-day basis you usually don't think about the negativity loop, but it may be time to take a closer look. The negativity loop is when your child seems to only point out the negative things in a situation. Once in a while you may say they're having a bad day, but if you find that your child is doing this consistently, you'll need some [parenting advice](#) on how to break the cycle.

**Is your kids constantly riding the negativity loop? Here is some parenting advice when it comes to breaking that negativity loop.**

**1. Start by validating their emotions:** Validation allows your kids to feel heard. You are not agreeing or disagreeing with the emotion; you're showing that you see it. You could add a question to help your kids discover positive aspects of the



experience themselves. So, try to validate first before you try to help children appreciate positive aspects of a situation.

**Related Link:** [Parenting Tips on Lockdown: How to Keep Your Family Entertained](#)

**2. Reflect on positive events:** For younger children help them identify the big points in their day vs. the low parts. Ask them what was the best part of their day and the worst. It'll help them pin point if they had a good or bad day. With older kids have them right down their positive and negative experiences, it does the same thing that it does for the younger kids, but it's more age appropriate.

**Related Link:** [Parenting Tips for Learning at Home](#)

**3. Foster gratitude:** Have your kids identify what their grateful for each day. It shows them that they have something to be happy for. For younger kids you can make it into a daily game and for older kids you can have them write it down and make a daily log.

**4. Provide the tool for a solution:** When your child is seeking out the negative, find ways to come up with solutions to their negativity. Ask them questions on why they feel the way they do and try to come up with a solution together.

**5. Flip the negative to a positive:** When your child is riding the negativity loop, they're looking for the negative in every situation. You should look for the positive in the exact same situations. Try and help them find the positive in things rather than the negatives.

**What are some parenting advice when it comes to breaking that negativity loop. Start a conversation in the comments below!**

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# Travel Tips During the Pandemic: How to Stay Safe on Planes



By Alycia Williams

The COVID-19 virus has brought a lot of uncertainty to us all, especially when it comes to traveling. Though some people are avoiding traveling by plane altogether, some have no choice or want to take the risk. [Travel advice](#) is well needed as you board planes during the pandemic.

# Here are some travel tips for flying during the pandemic.

**1. Keep the hand sanitizer close by:** As your going through the airport to get to your flight, you'll touch a lot of things and you won't always have access to soap and water to wash your hands. Have multiple travel size sanitizers handy, that way every time you touch something you can sanitize quickly.

**Related Link:** [Travel Tips During the Pandemic: Should We Cancel Summer Travel Plans?](#)

**2. Wear a face mask:** Keeping your face mask on is really important during the pandemic, but as you are flying it is extremely important. If you're near anyone make sure your face mask is covering your nose and mouth. Don't take it off unless you absolutely have no choice.

**Related Link:** [Travel Tips: Traveling During the Coronavirus Outbreak](#)

**3. Wipe the seat with disinfectant wipes:** When you board the plane have some disinfectant wipes close by that way you can wipe off your seat before sitting in it. Don't forget to wipe off the arm rest as well as the inside pocket of the seat in front of you.

**4. Keep your distance:** Stay as far away as possible from everyone is the airport as you're waiting to board your plane. Don't sit next to anyone and don't stand near anyone.

**5. Wear sunglasses:** Since you can contract viruses through your eyes, some doctors recommend wearing protective eye gear. Sunglasses can do the exact same job. Protect your eyes by wearing any kind of glasses.

**6. Prepare for your flight:** Leading up to your flight, get sufficient sleep, eat healthy, take vitamins C and D, and

exercise in order to boost your immune system.

**7. Point the air vent away:** When you sit down in your seat, turn on your filter so it pushes the air, not on your face, but directly in front of your face, so it keeps any particles or viruses away from your face.

What are some more travel tips for flying during the pandemic?  
Start a **conversation in the comments below!**

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## Celebrity Couple News: Khloe Kardashian Celebrates 4th of July at Tristan Thompson's House





By Alycia Williams

In latest [celebrity news](#), [reality TV star](#) Khloe Kardashian celebrated the 4th of July at Tristan Thompson's house after engagement rumors. According to *UsMagazine.com*, the two have been quarantining together amid their public [celebrity break-up](#) for the sake of their daughter True. Recently, the two were spotted together, pulling up to the house in Calabasas with some party supplies. Later, Kourtney Kardashian and Kris Jenner arrived at the party.

**In celebrity couple news, Khloe Kardashian spent holiday time with Tristan Thompson after engagement rumors. How does spending holidays together bring you closer as a**

# couple?

## Cupid's Advice:

Holidays are a great time to be with the people that you love most, and for a lot of people that means being with their partner, but not everyone feels the same way. If you are debating if you should spend holidays with your partner, Cupid has some advice for you:

**1. Share the intimate moments:** Since there is no work or school on national holidays, there's nothing else for you to do besides enjoy the holiday and be with the people you love. Instead of running around like you would on a regular day, you can not only be with your partner, but be present with your partner. You can cherish those long lasting memories that you make on holidays together.

**Related Link:** [Celebrity News: Kylie Jenner & Travis Scott Will Spend Christmas Together for Daughter Stormi](#)

**2. Introduce your partner to your family:** The holidays are the perfect time to introduce your partner to your family. Everyone is happy and filled with holiday joy, and conversation just flows easier on the holidays. Your partner is bound to have a better relationship with your family if they meet on a holiday rather than meeting on a regular day.

**Related Link:** [Celebrity News: Dakota Johnson Spends Thanksgiving with BF Chris Martin Along with Gwyneth Paltrow & Kids](#)

**3. Be playful together:** Holidays are meant for you to have fun and be playful. Use this time with your partner to let your hair down and bring out that fun-loving nature. Go out and do something that you normally wouldn't do together, or stay in and play a board game. Whatever it is, strip the responsibilities of adulthood just for today and bring out

your inner kid.

What are some other ways spending holidays together bring you closer as a couple? Start a conversation in the comments below!

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## Fashion Tips: How to Wear Belts Better



By Alycia Williams

Wearing a cool belt has been a [fashion trend](#) for a long time, but it's never been as simple as just throwing on a belt and



walking out the door. Wearing the right belt with the right outfit can take a so-so outfit to the next level. There are so many [fashion tips](#) to level up your outfits with the help of belts.

## Here are some must-know fashion tips for wearing belts.

**1. Slim belts:** Slim belts can be used to spice up a variety of outfits. For instance, with a blazer, you can put a slim belt over it to give it a more chic look. Or, use a slim belt to fasten a loose fitting dress or shirt. That said, avoid putting on slim belts with jeans. Always remember loose fitting clothes are best, like skirts, dresses and shirts. The belt will help give the outfit structure.

**Related Link:** [Fashion Tips: 5 Fashion Staples You Should Have in Your Closet](#)

**2. Chunky or statement belts:** These are the belts with large buckles or with extra-large widths. They are harder to pull off fashion-wise and portray a bolder look. Statement belts can be worn to accessorize outfits like trench coats or blazers. These belts can also be used to create a boundary between a shirt and skirt outfit. Do not put on statement belts with small summer dresses or tight fitting shirts, as they drown out the rest of the outfit.

**Related Link:** [Fashion Trend: Fresh Denim Looks to Try Out](#)

**3. Buckle belts:** This is the most common type of belt. It is for both men and women and is easy to add to an outfit. Most people use these belts to fasten and hold up their trousers and they do a perfect job. When selecting a waist belt or buckle belt, always ensure the belt is a perfect fit for the trouser loops, and your outfits will look more planned and organized. Furthermore, ensure your buckle has an interesting

design on it to make your outfit look sleeker.

**4. Metal belts:** These are typically worn with formal dresses or wedding gowns. Some metal belts are fastened with chains or are made of chains overall. Some are made of filigree silver/ gold or gold and silver plated metals. Try not to wear a metal belt with a casual outfit, as it'll look out of place and uneven.

**5. Cinch belt:** A cinch belt is a tight fitting belt made of elastic / leather / stretchy fabric to encircle the waist tightly and make it look really small. This belt can give you an hourglass figure by thinning the waist. It is not worn inside the belt loops, but over it. Use this belt as the statement piece of your entire outfit, while keeping everything simple underneath. Don't wear this belt with any kind of lumpy or baggy clothes. Leggings and a long shirt are perfect for the cinch belt.

**6. Sash belt:** A sash is a fabric / ribbon- worn with dresses and gowns as a belt. It is worn by draping it from one shoulder to the waist for ceremonial occasions, or around the waist as in the case of a sash belt. The tails of the sash belt are usually tied into a bow. This belt is strictly for formal outfits, its most typical use on a wedding dress.

**7. Military belt:** This refers to a nylon webbing strap belt used by military personnel, mostly in neutral colors like black, navy blue, brown or khaki. The strap is a heavy nylon webbing and the belt will have metal hardware like buckles or sturdy plastic buckles. This belt works best with a pair of jeans, especially boyfriend or mom jeans.

**What are some other fashion tips when it comes to wearing belts? Start a conversation in the comments below!**

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# Celebrity Couple News: JoJo Fletcher & Jordan Rodgers Almost Split After 'Bachelorette'



By Alycia Williams

In latest [celebrity news](#), JoJo Fletcher and Jordan Rodgers almost called it quits three years ago. According to [UsMagazine.com](#), the [celebrity couple](#) explained in a joint interview that although they are one of *Bachelor Nation*'s ultimate success stories, they have their ups and downs just

like everyone else. Fletcher described their first year together as difficult, and she also said that they went through a lot of struggles. Rodgers explained that the couple decided to stay together through the rough patches.

## **In celebrity couple news, JoJo and Jordan experienced some rough patches in the first year of their relationship. How do you decide whether to stay together or split during a rough patch?**

### **Cupid's Advice:**

In relationships there will always be good times and there will also be bad ones, but it can be hard to decipher whether the bad times are enough to split. If you are in a relationship and you're not sure whether you should break up or stay together, Cupid has some advice for you:

**1. Does the good outweigh the bad?:** When deciding if you and your partner should stay together, you should take a hard look at your relationship and figure out if the good times outweigh the bad. If they do, then you should try to make it work, but if not, then you may want to take a closer look at things.

**Related Link:** [Celebrity Couple News: Find Out How Cardi B & Offset Make Their Relationship Work](#)

**2. Talk to your family and friends:** Talk to the people who know you best, and get an insight of what your relationship looks like from the outside. Although their opinion shouldn't be the final decision, you may have a clearer idea of what to do.

**Related Link:** [Celebrity Couple News: Kim Kardashian & Kanye West Are on 'Different Pages' Amid Quarantine](#)

**3. Are you both willing to try harder?:** Going through a rough patch isn't easy, and it means that you both have to work harder on your relationship. If one of you isn't willing to do whatever it takes to make the relationship work, then it may be time to split for good.

**What are some other ways to decide whether to stay together or split during a rough patch? Start a conversation in the comments below!**

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## **Celebrity Break-Up: Ryan Seacrest & Shayna Taylor Split for the Third Time**





By Alycia Williams

In latest [celebrity news](#), Ryan Seacrest and Shayna Taylor called it quits for the third time in the past eight years.

According to *UsMagazine.com*, the [celebrity couple](#) are remaining good friends and will always be each others' biggest supporters. They will also cherish the time they spent together as a couple. Seacrest, who is in Mexico with some friends, was spotted a few times with another woman. They've been pictured holding hands and relaxing on the beach together, very soon after his [celebrity break-up](#).

**In celebrity break-up news, Ryan and Shayna called it quits, and it seems Ryan has already moved on. How do you know when you're ready to move on after a long-term**

# relationship?

## Cupid's Advice:

When you're in a relationship for a long time and things aren't going so well, it's hard to know when you should continue to work on your relationship or move on. If you are in a long-term relationship and you're not sure if you should move on, Cupid has some advice for you:

**1. You've lost interest:** In the beginning of the relationship, you two were inseparable. Late night phone calls, endless text conversations, and spontaneous dates were the norm, and it seemed like you would be together forever. If you've lost that same spark that you had when you first got together completely, then chances are it's not coming back.

**Related Link:** [Celebrity News: Josh Groban & Kat Dennings Break Up After 2 Years of Dating](#)

**2. You fight constantly:** Disagreements within a relationship are perfectly normal, but if you find you and your partner fighting a lot more than usual, then it's time to take a broader scope to the relationship. If fights outweigh the good times that you have, then it's time to call it quits.

**Related Link:** [Celebrity Break-Up: Scott Disick & Sofia Richie Officially Break Up After 3 Years](#)

**3. You avoid future plans:** If you're in a long-term relationship, then planning ahead should be natural, because you see a long-term future with each other. If you find yourself not planning a future with your partner, that just means you don't see this person in your future. In that case, it's time to move on.

**What are some other ways to know when you're ready to move on after a long-term relationship? Start a conversation in the**



**comments below!**