

# Celebrity News: Find Out Why JoJo Fletcher is Excited to Watch 'Bachelorette' Season with Current Love Jordan Rodgers



By

Alycia Williams

In latest [celebrity news](#), [reality TV star](#) JoJo Fletcher is excited to watch her love story with Jordan Rodgers play out on her season of *The Bachelorette*. According to *EOnline.com*, the [celebrity couple](#) was anxious to see the season again, but eventually took a different attitude to it. "But now, honestly, I'm excited to watch it back and excited to see it through Jordan's eyes," Fletcher said.

# In celebrity news, JoJo and Jordan are excited to watch their love story play out on TV. What are some ways to deal with hearing about your partner's exes?

## Cupid's Advice:

When you're in a relationship, it can be hard to hear about your partner's past relationships, but acting as if they don't exist isn't the way to go. If you find it hard to hear about your partner's exes, Cupid has some advice for you:

**1. Remind yourself that you're together now:** It can be so difficult to hear about partners' past relationships, but you have to remind yourself that this is your partner now and whatever they may have done with someone else is irrelevant to your relationship. Keep your head on straight and be able to separate their past relationship and your new relationship.

**Related Link:** [Celebrity Exes: Ben Higgins Apologizes to Olivia Caridi for Her 'Bachelor' Experience on His Season](#)

**2. Just listen:** As you're hearing about your partner's exes, your job is just to listen. Try to refrain from expressing what you think went wrong in their past relationships, or what you think of their ex. Keep your thoughts to yourself to avoid issues in your relationship.

**Related Link:** [Celebrity Break-Up: Kaitlyn Bristowe & Nick Viall React to Nick's Past Proposal on 'The Bachelor GOAT'](#)

**3. Don't hold anything against your partner:** Your partner could've made mistakes in their past relationship, but don't change your perception of your partner because of something they did previously. Each relationship is different, and just

because your partner made a mistake doesn't mean that they're a bad person. You're are with your partner for a reason; keep that reason in mind.

What are some other ways to deal with hearing about your partner's exes? Start a conversation in the comments below!

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## Beauty Tips: How to Style Your Natural Hair for the Summer



By

Alycia Williams

Naturally thick hair leaves an endless amount of options when

it comes to styling. It can be overwhelming, as new [beauty trends](#) revolving around natural hair develop everyday. In these [beauty tips](#), you'll find the perfect natural hairstyle that's summer ready.

**Whether your looking for statement hairstyle or something a little bit more understated, here are the beauty tips you'll need to get through the summer.**

Find your perfect style:

**1. The classic wash and go:** This style calls for minimal styling which gives it a carefree and easygoing look. If you're looking for your hair to dry in the summer breeze, the wash and go is for you.

**Related Link:** [Beauty Tricks: The Best Curly Hair Hacks](#)

**2. Braid/twist out:** This style requires a little bit more work than the wash and go. On the flip side. this style is sure to give you definition that you're looking for without going out with damp hair. This style works for all kinds of textured hair and gives a range of possibilities. You can have textured bangs one day, middle part the next, and then an up-do all with one braid/twist out. The possibilities are endless.

**Related Link:** [Hair Beauty Trend: Crystals, Chains, and Studs](#)

**3. Micro twist:** The micro twist is perfect for you if you're looking for a style to last you all summer. It takes a little while to style it, but it can last until fall. These twists are extremely versatile as you can do any style you want them. They're easy to maintain and work for any kind of summer

outing.

**4. Embellished braids:** This style can be categorized as more of a statement hairstyle. It takes regular braids to the next level. Wooden beads, metallic yarn, silver cuffs, shells, rings, and so much more, allows you to level up those braids.

**5. Afro puffs:** Whether they're high or low puffs they still give off a cute and endearing look. They can be fun and flirty as high puffs or relaxed and easygoing as low puffs. Either way, these puffs have summer written all over them.

**6. Dip dyed ends:** It's exactly what it sounds like, only dying the end tips of your hair to give you an exciting look. No matter what color you choose, this is bound to make you look like the life of party. Any style you choose to do with the dip dyed ends (as long as it's showing) will give you a super fun look.

**7. Buzz cut:** Out of all the styles this, is by far the edgiest one. Not everyone is ready for a big chop, but if you are, then the buzz cut is the way to go. You'll save a massive amount of time doing your hair. This style will have you looking bolder than ever.

**What are some other natural hairstyles that are perfect for summer? Start a conversation in the comments below!**

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## Food Trend: Food for Your DNA







By

Alycia Williams

“Everyone is different.” We’ve all heard this saying at least once in our lives, and it’s true we are all different all the way down to our taste buds. Have you ever wondered why you think something tastes amazing while your friend absolutely hates the exact same thing? That’s because depending on our DNA, things can taste differently. How does your genetic make-up influence your taste buds?

## In this food trend, check out ways DNA can affect how you experience eating food.

Here are some key ways:

**1. Bitter blindness:** Some people have what’s called Bitter Blindness which basically means their taste buds are immune to things that are more bitter. These people usually have a better time eating vegetables, because most vegetables are loaded in PTC (phenylthiocarbamide), which is what makes

vegetables bitter. Those who can't taste it have bitter blindness.

**Related Link:** [Food Trend: Mood Foods](#)

**2. Hypersensitive, sensitive, and tolerant:** Not only are our taste buds different, but depending on your DNA, some people have more or less taste buds than someone else. You can have anywhere from 500-11,000 taste buds. Those who have more taste buds are considered hypersensitive tasters. Anything too bitter or too overpowering will be too much for a hypersensitive taster. People who have less taste buds are tolerant tasters, as there aren't many things that a tolerant taster can't eat.

**Related Link:** [Food Trend: What's the Big Deal With Hot Sauce?](#)

**3. Anxiety & depression:** There are some physical side affects to anxiety and depression that can affect your taste buds. Someone dealing with anxiety or depression can eat the most flavorful food on the planet, but it could taste like cardboard to them. Essentially, the brain's chemicals are in control of what you taste so when their levels are a bit abnormal, your ability to enjoy a food's distinctive flavor suffers.

**4. Carrier of the OR6A2 Gene:** Have you ever heard someone say they think Cilantro tastes like soap? That's because they have the OR6A2 gene. Approximately 14 percent of the population carries this gene, which actually makes cilantro taste like soap, while others are just tasting cilantro.

**5. The Womb Experience:** Depending on what your mother ate while you were in her womb can determine what you have a taste for once you're born. Once a baby is born, the baby will already know what the people in his or her culture eat and have a preference for these foods. That doesn't mean you can't acquire your own love for different kinds of food later on, though.

Do you know some other ways genetics influence your taste buds? Start a conversation in the comments below!

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# Celebrity News: 'Bachelor' Nation's Dean Unglert & Caelynn Miller Keyes Reveal Why They Wear Commitment Rings



By

Alycia Williams



In latest [celebrity news](#), [reality TV star](#) Dean Unglert and Caelynn Miller Keyes revealed why they wear commitment rings. According to *UsMagazine.com*, Unglert and Miller Keys feel like they don't have to be married to be committed to one another. "Here's the thing, in my opinion, I don't need to title of husband to show the world that I'm committed to one person, and so the fact that I'm wearing the ring is showing just that," Unglert said.

**In celebrity news, these two lovebirds wear commitment rings to show their love for one another. What are some other ways to show your commitment to your partner?**

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

When you're in a relationship, it's important to show you're commitment to one another in order to move further into the relationship. If you're are looking for ways to show your partner that you are committed, Cupid has some advice for you:

**1. Move in together:** Nothing says "I'm committed" more then asking your partner to move in with you. It shows that you want to be around your partner as much as possible. It's such a big step in any relationship.

**Related Link:** [Celebrity Couple News: Ariel Winter Reveals She's Living with Boyfriend Levi Meaden](#)

**2. Bring them around your family more often:** You never want to bring someone around your family that your not serious about. Consistently bringing your partner around your family shows your partner and your family that interested in a long term relationship.

**Related Link:** [Celebrity Couple News: Nick Jonas Pays Tribute to Priyanka Chopra on 1st Wedding Anniversary](#)

**3. Make a grand romantic gesture:** Sometimes you have to make things really obvious that you're committed, and that causes for something big. Whether it's a getaway vacation, a surprise birthday party, or a marriage proposal (if you're ready), it's sure to tell your partner you're committed.

**What are some more ways to show your commitment to your partner? Start a conversation in the comments below!**

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## **Celebrity Exes: Ben Higgins Apologizes to Olivia Caridi for Her 'Bachelor' Experience on His Season**





By

Alycia Williams

In latest [celebrity news](#), [reality TV star](#) Ben Higgins and Chris Harrison apologized to Olivia Caridi for her humiliating experience on *The Bachelor*. According to *UsMagazine.com*, Caridi faced such a difficult time on Higgins' season that she had trouble watching the first episode. and that's when she realized she would have a difficult few months as the rest of the season aired. Although she says that she can laugh at it now, Harrison and Higgins both apologized.

**These celebrity exes are on good terms, but that doesn't mean there aren't still apologies that need to happen. What are some benefits to apologizing to your ex for wrongdoings during your**

# relationship?

## Cupid's Advice:

Apologies can be difficult, especially when it comes to your ex, but sometimes they are extremely necessary. If you've done wrong in your past relationship and haven't apologized, Cupid has some advice for you:

**1. Move on with your friendship:** Although you and your ex may be friendly that doesn't mean that you two are friends. If you've done wrong to your ex and never apologized for it, then you can never truly be friends until you admit your wrongdoings and apologize for them. It'll help you both move on while being friends.

**Related Link:** [Celebrity News: Scott Disick Apologizes to Kourtney Kardashian After Rehab Stint](#)

**2. Helps you in your next **relationship**:** Everyone makes mistakes, but apologizing is a key part of being in a relationship. If you can't admit what you did wrong, then you won't last too long in any relationship. Apologize to your ex now and learn how to do it as sincerely as possible for the next time.

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

**3. Feel better about yourself:** After having your apology accepted, you'll feel like a weight has been lifted off of your shoulders. Knowing that you are a big enough person to be apologetic is an amazing feeling.

**What are some more benefits to apologizing to your ex for wrongdoings during your relationship? Start a conversation in the comments below!**

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# Beauty Tricks: The Best Curly Hair Hacks



By

Alycia Williams

When it comes to curly hair, it's definitely a go-to hairstyle, but getting your hair to curl the right way can be hard, especially if you don't want to use a curling iron. The good news is that there are [beauty tips](#) that can curl straight hair without applying the heat of a curling iron or rod. These [beauty tricks](#) will have your hair curly in no time.



# Here are seven beauty tricks for getting the perfect curly hair style.

**1. Tuck your hair behind your ears while it dries:** When straight hair is completely wet, if you tuck it behind your ears, it'll get wavy and have lots of body once it dries. This is perfect for soft shiny waves.

**Related Link:** [Beauty Tips: How to Combat Frizz During Spring Showers](#)

**2. Swap your hair towel for an old t-shirt:** Even though it sounds a little weird to dry your hair with an old t-shirt, it'll give you softer and shiner curls, especially if your natural hair already has a little curl to it.

**Related Link:** [Beauty Trend: 7 Hairstyles To Help You Look Gorgeous Before a Dinner Date](#)

**3. Try a paper towel for beachy waves:** If you're looking for looser curls, then try drying your hair with paper towels. This particularly works for people with straight hair.

**4. Master squishing:** When your hair is soaking wet and it has conditioner in it, grab your hair from the bottom and squish it all the way to the top of your head. Then, repeat. Once you rinse out your conditioner, you'll notice bouncier, defined, and frizz-free curls.

**5. Use a strainer as a diffuser:** Using a pasta strainer can give you glossy blow dried curls. Flip your head over into the strainer and blow dry up into the strainer. Just pile sections of your hair into it you'll have your shiny, frizz-free curls.

**6. Bun waves:** Putting your hair in a bun while it's wet is a great way to ensure some waves. If you want effortless, light,

and airy waves put your hair in a top knot. For more defined waves, do a low bun.

**7. Finger coils:** While your hair is wet, take little pieces of it and curl it with your finger. Use any kind of soft gel to make sure that it stays. Then, let it dry. When it does, you'll have super defined and bouncy curls.

**What are some other beauty tricks for getting curly hair? Start a conversation in the comments below!**

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## **Celebrity Exes: Teresa Giudice Honors Estranged Husband Joe on Father's Day**





By

Alycia Williams

In latest [celebrity news](#), [reality tv star](#) Teresa Giudice honored her estranged husband Joe Giudice on Instagram for Father's Day. According to *UsMagazine.com*, Teresa's post was of Joe and their four daughters captioned, "Happy Father's Day, the girls miss you today & everyday!" Joe commented under the post and said, "Thank you for being my angels, for showing the world you are superstar."

**These celebrity exes may be estranged, but they're keeping their parental duties front and center. What are some ways to keep things civil with your ex for your kids?**

**Cupid's Advice:**

A break-up is never an easy thing, and a lot of the times you

never want to see your ex again, but if there are kids involved, then that's out of the question. If you are looking for ways to keep things civil with your ex for your kids, Cupid has some advice for you:

**1. Only talk when you have to:** If you and your ex ended things badly and you have kids together make sure that the only reason that you both are communicating is the kids. Keep every conversation, phone call, or text message pertaining to the children. Don't talk about what went wrong in your relationship, it'll just create bad blood between you two.

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

**2. Set your hurt/anger aside:** Wearing your emotion on your sleeve won't benefit anyone and especially not your kids. It's ok to be hurt, but separate your feelings from your behavior because you don't want to put your kids in the middle of your drama.

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

**3. Don't try to be in control:** Walking all over your ex when it comes to decisions about the kids is not helpful, and it won't be good for your co-parenting relationship. Keep the communication gate open when it comes to the kids and make sure that you both make decisions for the kids together.

**What are some more ways to keep things civil with your ex for your kids? Start a conversation in the comments below!**

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# Celebrity News: Colton Underwood & Madison Prewett Get Friendly on IG After His Split from Cassie Randolph



By

Alycia Williams

In latest [celebrity news](#), fans are speculating that something is going on between former [reality TV star](#) Colton Underwood and Madison Prewett after his split from Cassie Randolph. According to *UsMagazine.com*, the two share the same Christian faith and it seems that once one of them post something on Instagram pertaining to their faith, the other one doesn't hesitate to comment below. Fans are skeptical of the pair's interactions and are wondering if they're flirting. Since Underwood and Randolph split only two months ago, is this too



soon?

## In celebrity news, Colton was caught flirting with Madison on Instagram. What are some ways to ease into a new relationship after a split?

### Cupid's Advice:

Wanting to move on after a split is expected, but easing into this is the best way to go. If you are looking to ease into a new relationship after a split, Cupid has some advice for you:

**1. Take it slow:** Once you get into a new relationship after a recent split you want to make sure that you're taking this slow and steady. If you jump into a new relationship too quickly, you may still have feelings for your ex and not even realize it, and you don't want to bring that into your new relationship. The best thing to do is to take it slow to ensure that you're doing it for the right reasons.

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

**2. Be open and honest:** Don't be afraid to tell your new partner that you just got out of relationship. If they care about you then they'll understand. Hiding it from your partner will just start your relationship off on the wrong foot. Be real, be honest, and be truthful.

**Related Link:** [Celebrity Break-Up: Kaitlyn Bristowe & Nick Viall React to Nick's Past Proposal on 'The Bachelor GOAT'](#)

**3. Don't compare the two:** It'll be easy to compare your ex to your new partner as everything is still so fresh. Do your best

to keep the two relationships as separate as possible. Don't compare them to each other, take a new and fresh attitude to your new relationship.

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

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## Fashion Tips: Current Trends That Need to Die Already



By

Alycia Williams

When it comes fashion, nothing is a sure thing. [Fashion trends](#) come and go, but some fashion trends stay a little longer than

needed. [Fashion tips](#) are well needed so you can get rid of those old fashion trends.

## There are so many fashion trends that need to die already. Here are some fashion tips.

**1. The sneaker wedge:** This trend started in 2012 and unfortunately still is around to this day. Almost every high street brand spawned their own knockoff version of this shoe. Although this shoe was extremely popular when it first came out, it's time to let this trend fizzle out.

**Related Link:** [Fashion Tip: Out With the Outdated & In With the New](#)

**2. Dad sneakers:** Yes, they're comfy and make you feel like you're walking on air. These sneakers don't complete any outfit unless intended for running. They're called dad sneakers for a reason, they're not meant to be worn on with your best outfit. Keep them for your morning runs and that's all.

**Related Link:** [Fashion Trend: 5 Ways Celebrity Style Influences Fashion Trends](#)

**3. Super distressed jeans:** This is ripped jeans to the next level. The occasional ripped jean is fine, but overly ripped distressed jeans is just too much, why not just wear shorts?

**4. Puff sleeves or power shoulders:** This 80's fashion trend should be left in the 80's. It doesn't work for any situation or outfit. It recently tried to make a comeback, but we should keep the puffy shoulders where they belong forties years ago, in the 80's.

**5. Mullet skirts:** party in the front, business in the back is

what the mullet is known for and unfortunately this skirt has the same motto. This skirt doesn't work for party or business and it has outstayed its welcome.

**6. Fast food fashion:** We love burgers and fries, but Moschino took it to another level. McDonald's based dresses or shirts is a trend that needs to die.

**7. Leggings as pants:** If you're going for a run or going to the gym, you get a pass, but anyone else needs to stop. Athletic leggings are thick enough to be worn as pants, but dress leggings are almost completely see through and not meant to be worn as pants. Unless you're going to wear those leggings with a skirt, throw them out.

**What are some other fashion trends that need to die? Start a conversation on the comments below!**

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## **Celebrity Break-Up: Kaitlyn Bristowe & Nick Viall React to Nick's Past Proposal on 'The Bachelor GOAT'**





By

Alycia Williams

In latest [celebrity news](#), Nick Viall posted a video on social media of [reality TV star](#) Kaitlyn Bristowe rejecting his *Bachelorette* proposal. According to *EOnline.com*, Viall captioned the post, “It was like waiving at someone who’s waiving at the person behind...but million times worse.” That said, he’s made it clear that he has nothing, but positive memories. Bristowe commented, “WHY DIDN’T YOU PUSH ME IN THE POOL?” and then later said, “Also, so glad we are friends now, too.”

**In celebrity break-up news, Kaitlyn and Nick called it quits on *The Bachelorette* a long time ago, but were forced to relive it on *The Bachelor Greatest of All Time*. What are some ways to move on when**



# you've been humiliated in a relationship?

## Cupid's Advice:

Break-ups can get really messy which leads to some embarrassing moments that you later regret. If you've been humiliated in a relationship and you're looking for ways to move on, Cupid has some advice for you:

**1. Joke about it:** If you take a lighter mood to your embarrassing moment then so will everybody else. Make fun of yourself whenever someone else brings it up and you won't feel embarrassed at all.

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

**2. Forgive your ex:** Being embarrassed by your ex is a tough pill to swallow, but the sooner you forgive your ex, the easier the pill will go down. Holding on to a grudge against your ex is only going to end up hurting you. Forgive your ex, so that you can move on with your life.

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

**3. Learn from the experience:** Being humiliated is not a good feeling and you don't ever want to feel like that again. Learn from the experience and figure out some ways you could've handled it differently. This way the next time you're faced with a similar situation you'll know what to do to keep yourself from feeling humiliated.

**What are some more ways to move on when you've been humiliated in a relationship? Start a conversation in the comments below!**

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# New Celebrity Couple Megan Fox & Machine Gun Kelly Confirm Relationship With a Kiss



By

Alycia Williams

In latest [celebrity news](#), Megan Fox and Machine Gun Kelly confirmed their relationship with a kiss after Fox's split from Brian Austin Green. According to *UsMagazine.com*, the new [celebrity couple](#) was spotted holding hands and kissing for the first time in the public eye.

# In celebrity couple news, Megan Fox has moved on from Brian Austin Green with Machine Gun Kelly. What are some ways to keep hurting your ex to a minimum when you move on with someone new?

## Cupid's Advice:

Once you break up with someone. it can take your ex a little bit longer to get over the relationship than it did for you. If you've moved on with someone else after a break-up, but you don't want to hurt your ex, Cupid has some advice for you:

**1. Just tell them:** Although this may seem like a hurtful tactic, letting your ex know before they find out from social media or a mutual friend is going to work out in their favor. This way they have time to adjust to your new relationship and when someone else brings it up to them, they won't be surprised at all.

**Related Link:** [Celebrity News: Brody Jenner is 'Happy' for Miley Cyrus & Ex Kaitlynn Carter](#)

**2. Don't be spiteful:** Your ex may still be going through a rough time getting over you while your in this new relationship, so don't do or say anything that you know would make them upset. Even though you may not be doing anything intentionally to hurt your ex, you could still be hurting them. Take a broader scope to all of your actions and do your best to be considerate of their feelings.

**Related Link:** [Celebrity Couple: Adam Levine Dating Nina Agdal After Behati Prinsloo Split](#)

**3. Try to set them up:** You've moved on and if your ex is open to it you should try to set up your ex with someone that you know. It'll help the healing process for your ex and they could possibly get into a new relationship as well.

**What are some other ways to keep hurting your ex at a minimum when you move on when you move on with someone new? Start a conversation in the comments below!**

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# **Celebrity Body: Treat Yourself Right and Stop Obsessing**



By

Alycia Williams

Now that the weather is warm (or almost warm) in most parts of the country, we're starting to think about fitting into last year's bathing suit. Right or wrong, "summer bodies" can become an obsession for a lot of women and men alike. For others, having the perfect summer body is on their minds all year round. Although staying fit all year is a healthy goal, obsessing over it may get you exactly nowhere. Although watching [celebrity workout videos](#) is great, there's more to it than that.

## **Check out some ways to stop obsessing about having the perfect celebrity body and, instead, learn how to treat your body right:**

There's no such thing as the "perfect body," and obsessing over it will only make you feel worse. Here are seven ways to stop obsessing about our bodies while treating it right:

**1. Stop grabbing your flab:** Pinching your belly or your arms is a guaranteed way to ruin your day, and it won't make you feel good about yourself. Instead, use a measuring tape to measure your waist and your arms if you're working to reduce these areas with exercise and diet.

**Related Link:** [Health Advice: Exercise Is a Complementary Medicine for Chronic Conditions](#)

**2. Look at yourself when you workout:** Looking at yourself in the mirror when you're sweating and working hard toward your goal is going to give you the confidence you need to get there.



**Related Link:** [What Pop Culture Taught Us About Health, Beauty, and More](#)

**3. Shake off the mistakes:** Nobody is perfect, and we're all going to make mistakes. Don't come down on yourself too harshly. Recognize your mistake and keep on going toward your goal.

**4. Be realistic:** Don't put yourself up against an impossible goal, because when you don't reach it, you'll think there's something wrong with you. Make realistic goals for yourself that you know that you can achieve.

**5. Don't compare your body to others:** Everyone is different, meaning getting fit and healthy is different for everyone. Don't say to yourself that you want to look like someone else. Stay fit and healthy in the best way that works for you and stick to that.

**6. Don't weigh yourself every day:** Stepping on the scale every day just isn't helpful. Your weight can fluctuate for so many different reasons, which will just end up confusing you. Weigh yourself once every two weeks to get the most accurate idea of where you are on your fitness journey.

**7. Love yourself no matter what:** When trying something new, you never know how it will react with your body. It may work or it may not. Just remember to love your body no matter what shape or size it is; that way you'll be guaranteed the best results.

**What are some other ways to stop obsessing over our bodies? Start a conversation in the comment below?**

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# Celebrity Baby News: Stassi Schroeder Is Expecting First Child Amid 'Pump Rules' Firing



By

Alycia Williams

In latest [celebrity news](#), [reality TV star](#) Stassi Schroeder is expecting her first [celebrity baby](#) with fiancé Beau Clark amid Schroeder's recent firing from *Vanderpump Rules*. According to *UsMagazine.com*, the news of the couple's baby came out four days after she was fired from *Vanderpump Rules* after eight seasons. Bravo cut ties with Schroeder after racially insensitive comments and actions from her past resurfaced. Although she's recently been fired, that doesn't stop her life from going on.

# In celebrity baby news, Stassi Shroeder is no doubt overwhelm with all that's happening in her life. How do you support your partner during an unexpected pregnancy?

## Cupid's Advice:

Unplanned pregnancies can come as a surprise, but it can also be really overwhelming. If you're looking for ways to support your partner through an unexpected pregnancy, Cupid has some advice for you:

**1. Make your partner feel comfortable:** Unexpected pregnancy comes with a lot of questions once the truth hits home. Keep your partner from panicking, and reassure them that everything is going to be okay. Focus their attention to the most important thing: the new baby.

**Related Link:** [Celebrity Baby News: Sean Lowe Admits Wife Catherine's Third Pregnancy Happened 'Sooner Than Planned'](#)

**2. Help her out:** A new baby means that both of your lives will change drastically. As she gets further along in her pregnancy, she'll need emotional as well as physical help. Don't sit around and wait for her to ask; just offer help whenever you can. She'll need it.

**Related Link:** [Celebrity Baby News: Source Says Kylie Jenner's Pregnancy with Travis Scott 'Definitely Wasn't Planned'](#)

**3. Do your research:** If you're becoming a first time parent, then there is a lot you have to learn about babies and parenting in nine short months. Read parenting books and articles; it'll make your partner feel more at ease to know that you are doing your best to learn everything you can

before the baby comes.

What are some ways you support your partner during an unexpected pregnancy? Start a conversation in the comment below!

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# Celebrity Getaway: Scheana Shay & BF Vacation With James & Raquel Amid 'Pump Rules' Firings



By

Alycia Williams

In latest [celebrity news](#), [reality TV star](#) Scheana Shay and her boyfriend Brock Davies vacationed with James Kennedy and Raquel Leviss in San Diego days after their *Vanderpump Rules* costars were fired. According to *UsMagazine.com*, the [celebrity vacation](#) was to celebrate Davies' 30th birthday, and they had an "epic weekend," as Shay described it. The group didn't hesitate to post pictures from their vacation to their social media platforms. The photos included extravagant dinners and the go-to bikini shots.

**In celebrity getaway news, *Pump Rules* stars Sheana, James and Raquel are vacationing in San Diego. What are some ways double dates or couples getaways can bring you closer as a couple?**

### **Cupid's Advice**

Double dates or couple getaways can be unpredictable and you don't always know what to expect. If you are considering going on a double date or a couple getaway and you're not sure if you should go, Cupid has some advice for you:

**1. It's good to have someone to relate to:** Couples usually go through similar if not the same issues that you and your partner have. Spending time with another couple gives you a chance to relate to each others issues. Once you know that other couples struggle with the same thing that you struggle with in your relationship, it becomes less of an issue to know that you guys aren't the only ones.

**Related Link:** [Celebrity Couple Kim Kardashian & Kanye West Double Date with Kris Jenner and Corey Gamble](#)

**2. Get to know the people in your partners life:** Double dating or couple getaways is a great way to meet your partners family and friends without it being awkward. Get to know the people that your partner is around when they're not with you.

**Related Link:** [Celebrity News: Barack & Michelle Obama Double Date With George & Amal Clooney in Italy](#)

**3. See your partner in a different light:** For the most part you see your partner when you both are alone. Seeing how your partner acts and gets along with other couples is an indication of they act around other people that's not you. Learn how your partner acts around you vs. how they are around other people. Learning each other behaviors and actions will make you both closer as a couple.

**What's some other ways double dates can bring you closer with your partner? Start a conversation in the comment below!**

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## Parenting Tips for Learning at Home







By

Alycia Williams

The Coronavirus pandemic has really shifted all of our plans and our daily routines. Having the kids home 24/7 means that they have to do their school work at home, which can be difficult. Check out our [parenting tips](#) on how to make learning at home as simple as possible.

**Learning at home has been such a difficult transition for all kids. Check out these parenting tips to make learning at home a little bit easier.**

With the TV, video games, and toys within feet of your kids at all times, they can feel distracted and not want to do their school work. If you want your kids to focus on their school work while at home, Cupid has some [parenting advice](#) for you:

**1. Set up a work station:** Have your kids do their work at the

same place every day. It can be at their desk, at the dining room table, or even outside on the porch. Just make sure it's as far away as possible from the TV or their favorite toys. Explain to them when they're at their work station, that the only thing they should be doing is work.

**Related Link:** [Parenting Tips: How Your Kids Can Benefit from Audio Books](#)

**2. Try having structure:** When kids are at school, everything is structured. You should take that same method into the household. Have a portion of time when they get to play and a separate time when they have to do their work. Come up with a planned out day and stick to it every day. Your kids will fall in line just like they do in school.

**Related Link:** [Parenting Advice: How to Decide What TV Shows & Movies to Allow Your Kids to Watch](#)

**3. Praise effort:** This is such a odd transition for your children, and that means they can be a little bit more on edge and restless, especially when they're not understanding something. Be patient with them, and praise them for their efforts; they need it.

**4. Stay connected:** Don't lose contact with their teachers. They can be such a huge help when you don't know how to help your child or if you're confused on what to do. Also, stay connected with classmates and have your kids do work with their classmates over Zoom. It'll make them feel more comfortable.

**5. Make sure they still have a bed time:** Just because your kids are home all day doesn't mean they get to stay up all night. They still have work to do, which means that they still need proper rest. Have them go to sleep early and wake up early. Keep it as close to normal as possible.

**What are some other parenting tips for learning at home? Start**

a conversation in the comments below.

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# Celebrity News: Brooks Laich Still Wants Kids After Split from Julianne Hough



By

Alycia Williams

In latest [celebrity news](#), Brooks Laich expressed his desire for kids following his recent split from Julianne Hough. According to *UsMagazine.com*, the former professional hockey player was discussing his “journey” to learn more about racism on a “How Men Think With Brooks Laich and Gavin DeGraw”

podcast episode when he said, “It’s important to me. I hope to be a father one day.” The [celebrity exes](#) split in May, but that doesn’t change the way he feels about one day having children.

**In celebrity news, Brooks Laich isn’t letting his split from Julianne Hough keep him from having kids in the future. What do you do if your partner isn’t interested in having kids, and you are?**

#### **Cupid’s Advice:**

Figuring out if you want to be a parent is such a big decision and even though you may have found who you think is “the one” they might not have the same plans as you to become a parent. If your partner isn’t interested in having kids and you are, Cupid has some advice for you:

**1. Figure out if there’s an underlying issue:** A lot of the time if someone doesn’t want to have kids, it’s not necessarily because they don’t want to be a parent, but because of something that they think may prevent them from being the best parent they can be. For instance, lack of time, lack of money, or lack of space could be factors. Talk to your partner and see if this is an issue that can be resolved before starting a family.

**Related Link:** [Celebrity Babies: Carrie Underwood Said She ‘Considered Adoption’ Following Multiple Miscarriages](#)

**2. Be patient:** Rushing into a big decision like becoming a parent isn’t a good idea. If you are ready to have kids and

your partner isn't, give them some time. They may change their mind over the course of time and when they do then you'll both be ready to have a baby.

**Related Link:** [Parenting Trend: The Science Behind Baby Fever](#)

**3. Keep and open mind:** Try not to be stuck on exactly what you want. Hear your partner out and see if you can come to a compromise and agree on something that you both are happy with.

**What are some other things to if your partner isn't interested in having kids, and you are? Start a conversation in comments below!**

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## **Celebrity Break-Up: 'Bachelor' Alum Colton Underwood Jokes About Split from Cassie Randolph**







By

Alycia Williams

In latest [celebrity news](#), former [reality TV star](#) Colton Underwood joked about his split from Cassie Randolph with the help of Sean Lowe ahead of the premiere of *The Bachelor*. According to *UsMagazine.com*, Lowe took to Instagram the night before ABC is set to air condensed version of season 17 of *The Bachelor*. Underneath the photo of Lowe and his now wife Catherine Giudici, Underwood commented, “Hopefully you are still with her.” Many fans responded, complaining how it’s too soon to joke about his break-up with Randolph. Underwood then stated, “Sometimes people are just meant to be friends and that’s okay. We both have grown immensely and been through so much together so this isn’t the end of our story, it’s the start of a whole new chapter for us.”

**In celebrity break-up news, Colton Underwood is already joking about his recent split from Cassie**



# Randolph. What are some ways to use humor in the healing process after a break-up?

## Cupid's Advice:

Although break-ups can be difficult, laughing about it can really take the edge off. If you want to be able to use humor in the healing process after a break-up, Cupid has some advice for you:

**1. Develop a smarter sense of humor:** Using humor in tense situations can be hard to pull off. You want to be sensitive your ex's feeling but still make light of everything. Avoid mean spirited jokes. Saying something hurtful in a joke form could come of even worse than just being hurtful.

**Related Link:** [Celebrity News: Scott Disick Celebrates Birthday with Ex Kourtney Kardashian & Kids After Split from Sofia Richie](#)

**2. Don't use humor to cover up your emotions:** Even though humor can help you heal from a break-up, if you use humor to hide or avoid your emotions than it can be unhealthy. If you're going to joke about your past relationship, make sure it's not for the wrong reasons.

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

**3. Make sure you're both in on the joke:** Humor only works if both parties are in on it. If you are joking about your past relationship make sure your ex is okay with it. If not it'll just seem like you're picking on your ex and it won't make you feel any better either.

**What are some other ways to use humor in the healing process**

after a break-up? Start a conversation in the comments below!

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# Travel Tips During the Pandemic: Should We Cancel Summer Travel Plans?



By

Alycia Williams

Vacations are typically booked a year or more in advance, but no one could have predicted the COVID-19 outbreak. Since new developments in the pandemic are happening every day, it's hard to say whether those travel plans that you booked over a year ago should be cancelled or not. If you need some [travel](#)

[advice](#) when it comes to traveling during these confusing times, then you're in the right place.

## Check out some travel tips for getting out of town during the pandemic.

**1. Clean your hands often:** Although you should be washing your hands often even if your aren't traveling, it's important to constantly wash your hands when you're out and about. Try to get to a sink to wash your hands with soap every hour or two.

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

**2. Anticipate your needs:** Bring enough medicine for your whole trip, pack a lot of hand sanitizer, include a cloth face covering for when you are out in public places, pack non-perishable food and bottled water, and whatever else you might need during the trip. This will avoid a panic session while you're away from home and need something that you can't get.

**Related Link:** [Travel Tips: 5 Things to Know When You Travel to Europe](#)

**3. Follow state and local travel restrictions:** While you are traveling, it is possible a state or local government may put into place travel restrictions, such as stay-at-home or shelter-in-place orders, mandated quarantines upon arrival, or even state border closures. Plan to keep checking for updates as you travel.

**4. Use the restroom before the flight:** Try your best not to use any public bathrooms. Use the bathroom before you arrive at the airport and avoid using the bathroom on the flight, if possible. If you must use it, of course sanitize your hands

immediately afterward.

**5. Wipe the seat with disinfectant wipes:** At the airport while you're waiting for your flight, wipe down the seat at the gate, and then when you get on the plane, use another wipe to sterilize the arm rest and the inside pocket of the seat in front of you, along with the seat/headrest and tray.

**What are some other tips for traveling during the pandemic? Start a conversation in the comment below!**

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## **Celebrity Break-Up: Jordana Brewster & Andrew Form 'Quietly Separated' Earlier This Year**





By

Alycia Williams

In latest [celebrity news](#), Jordana Brewster and her husband Andrew Form “quietly separated” earlier this year after 13 years of marriage. According to *People.com*, the [celebrity couple](#) have the utmost respect for each other and they remain committed to co-parenting their two sons, Rowan and Julian, as a team.

**In celebrity break-up news, Jordana and Andrew have separated, but are co-parenting their kids as a team. What are some tips for co-parenting successfully?**

#### **Cupid’s Advice:**

Co-parenting isn’t anyone’s ideal situation, but it’s a lot of people’s reality. It can be hard to maneuver the best way to co-parent with your ex. Cupid has some advice for you:

**1. Always communicate:** It can be difficult to keep talking to your ex after you break-up, but if you have children together it's so important to keep communicating. You are both still parents whether you're together or not, and that means you still need to make decisions together pertaining to your kids. Keep your ex informed, and they should do the same with you.

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

**2. Have a plan:** Once you and your partner break up, you need to create a plan when it comes to the kids. Sit down with your ex and figure out who the kids are going to live with, when the kids are going to visit the other parent, who's going to have the kids on which holidays, who's going to take the kids to school and all of the other little details. Agree on the details, and stick to them for consistency in your kids' lives.

**Related Link:** [Celebrity Exes Brad Pitt & Angelina Jolie Reach Child Custody Agreement](#)

**3. Try not to involve to kids:** You and your ex broke up for a reason. Whatever that reason may be, try not involve your kids in your adult business. Don't talk negatively about your ex to your children, because that's their parent and you wouldn't want that done to you. Try to portray you ex in the best light possible in front of your kids.

**What are some more tips for co-parenting successfully? Start a conversation in the comment below!**

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# Celebrity Couple News: Pregnant Sophie Turner & Joe Jonas Attend Black Lives Matter Protest



By

Alycia Williams

In latest [celebrity news](#), Sophie Turner and her husband, Joe Jonas, protested police brutality and racial inequality at a Black Lives Matter demonstration. According to *UsMagazine.com*, while their [celebrity baby](#) is on the way, this [celebrity couple](#) posted photos and a video of them protesting in California. They included a photo of protesters lying face down in the grass, and in another, Turner holds a sign that reads, "White silence is violence."

# In celebrity couple news, pregnancy isn't keeping Sophie Turner from protesting racism with her hubby, Joe Jonas. How do you know you've found a partner with values that align with your own?

## Cupid's Advice:

Finding "The One" is always going to be a long process, but finding someone who shares similar values as yours is especially difficult to find. If you're wondering if you and your partner have similar beliefs and ethics, Cupid has some advice for you:

**1. Just simply ask:** Don't be afraid to ask your partner how they feel about current events, politics, and social issues. It shouldn't be an interrogation session, but just you just casually asking your partner a question. This is so much easier than trying to figure out on your own, and you're bound to get a more real and authentic answer.

**Related Link:** [Celebrity News: Thomas Rhett & Wife Lauren Speak Out Against Racism for Adopted Daughter](#)

**2. Are they just as excited as you are?:** Whatever makes you excited when it comes to your values, whether it's protesting, donating, or a post on Instagram, should make your partner feel the same way. Typically, if you both feel the same way about something, you'll both want to help. On the side, the things that make you angry or upset in society, should make them feel the same way.

**Related Link:** [Celebrity News: Blake Lively & Ryan Reynolds Donate \\$200,000 to NAACP Legal Defense Fund](#)

**3. Do you both see eye to eye on the simple things?:** If you two are disagreeing on something simple in the grand scheme of things, then you probably don't have similar ethics and values. Pay attention to the small things you may be bickering about and take a birds eye view to it. You may be able to see your partner's values more clearly.

**What are some more ways to know you've found a partner with values that align with your own? Start a conversation in the comments below!**

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## **Celebrity News: Thomas Rhett & Wife Lauren Speak Out Against Racism for Adopted Daughter**





By

Alycia Williams

In latest [celebrity news](#), country star Thomas Rhett and his wife Lauren Akins have spoken out against racism. According to *EOnline.com*, this [celebrity couple](#) expressed their concern for their oldest daughter, whom they adopted from Uganda. “As the father of a black daughter and also two white daughters, I have struggled with what to say today,” Rhett stated. “I get scared when I think about my daughters and what kind of world they will be growing up in.”

**In celebrity news, Thomas Rhett and Lauren are standing up for their adopted black daughter. What are some ways to stand up for what you believe with your partner?**

**Cupid’s Advice:**

When you and your partner have the same views on social

issues, it's important that you both stand together. If you need some ways to stand up for what you believe in with your partner then, Cupid has some advice for you:

**1. Take a stand on social media together:** Social media is a great way to support something that you truly believe in. When you and partner are posted together helping to support a great cause, it's extremely impactful to everyone who sees it.

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

**2. Donate together:** If you are in the right financial state to donate to a charity, then you should. Donating money to a great cause is amazing, but when you and your partner donate as a couple, it shows a incredible amount of unity and togetherness.

**Related Link:** [Celebrity Couple News: Beyonce & Jay-Z Stay Seated During National Anthem at Super Bowl](#)

**3. Attend **rallies or events together:**** There will always be a charity event, protest, or rally to attend when it comes to social issues. You and your partner can attend these events as a unit. Invest your time and energy into a cause that you both feel really strongly about.

**What are some other ways to stand up for what you believe with your partner? Start a conversation in the comments below!**

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## Celebrity Exes: Scott Disick



# is 'Always Flirting' With 'Best Friend' Kourtney Kardashian



By

Alycia Williams

In latest [celebrity news](#), Scott Disick and Kourtney Kardashian spent some time in Utah with all three of their kids for Disick's 37th birthday. According to *UsMagazine.com* these [celebrity exes](#) have been through so many ups and downs since the beginning of their relationship, but after their celebrity break-up, they seem to get along much better, especially when it comes to co-parenting. Recently, Disick and Sofia Richie called their relationship quits after three years. Many wonder if Kardashian is the reason they broke up, so that she and Disick can get back together.



# These celebrity exes are keeping things way above and beyond friendly. How do you know if you're still hung up on your ex?

## Cupid's Advice:

After a long relationship ends, it's incredibly easy to get held up on the idea that you guys might get back together. If you think you are still hung up on your ex, Cupid has some advice for you:

**1. Do you stalk them on social media?:** If you constantly find yourself going to your ex's social media pages a few times a day, then you are definitely still hung up on them. Trying to look on their pages to see what they're doing, who they're hanging out with, and if they're seeing anyone else, just isn't healthy. Try deleting the apps from your phone to stop yourself from going to their pages. The longer you go without thinking about them, the better.

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

**2. Do you still refer to them as your partner?:** When you're talking to someone else about your ex partner and you refer to them as your boyfriend, girlfriend, husband, or wife accidentally, then you are still not over them. This can be really hard to correct, especially when you're fresh out of a relationship, but after a few months you should be looking to correct yourself. Have your friends and family point it out to you every time you say it. Or, you can use the swear jar method, expect only put a dollar in the jar when you refer to your ex as your partner.

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

[to Find Happiness](#)

**3. You're not interested in dating again:** If you find yourself not finding anyone attractive or not wanting to get back out there and go on dates, then you are still holding on to your past relationship. You don't want to go on dates because you're still in a "relationship" kind of head space, when you should be in a single state of mind. Try to get back out there in the dating world and go a little out of your comfort zone; consider someone completely different than your ex.

**What are some other ways you know your still hung up on your ex? Start a conversation in the comments below!**

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## **Food Tips: Juice Cleanses Do's and Don'ts**





By

Alycia Williams

Navigating juice cleanses can be so difficult. It can be hard to determine how, when, or why to do them. If you need some [food tips](#) on juice cleanses, today we're going some over some do's and don'ts. Here is the [food advice](#) for this [food trend](#).

## In these food tips, check out some advice for juice cleanses.

**1. Do choose a cleanse that's right for you:** There are so many different kinds of juice cleanses, and there is definitely one that is right for you. Some people have pressed juice only, others just cut out things like alcohol, caffeine, processed or refined foods, sugar, gluten, common allergens and animal protein. Most people feel much more energized and satiated when they include lean protein, and/or raw veggies and fruits they can chew, rather than juices that are gone in a few gulps. It's perfectly OK to "cherry pick" from various plans to create a program that feels right for you.

**2. Don't do it to be trendy:** If you're going to do a juice

cleanse, make sure its because you really want to do it and not because your friend is doing one. Those who follow trends usually have a much harder time sticking to it, and when people who aren't really committed to cleansing their body doing them, they end up binge eating after the cleanse.

**Related Link:** [Food Trend: What's With the Keto Diet?](#)

**3. Do use the cleanse/detox as a gateway to a healthier: lifestyle:** When you finish the juice cleanse, do your best to keep a healthy diet. You can open up your diet to more than just vegetable juice, but try to stay away from sugar-filled foods and drinks.

**Related Link:** [Food Trend: 5 Benefits of Lavender Lemonade & Tea](#)

**4. Don't start working out consecutively:** The juice cleanse is made to clean your body of previous unhealthy eating and toxins, not to lose weight or gain muscle. If you start working out while having this limited eating diet, you're in for the worst. You'll experience dizziness, tiredness, and nausea. Wait until after you finish the cleanse to then start working out.

**5. Do stay hydrated:** Make sure that you're not just relying on the juice to keep you hydrated. Drink water as well. 8-10 glasses a day is perfect to go along with your juice. Herbal teas are helpful as well.

**6. Don't ignore hunger pains:** If you ignore your hunger you'll be subjecting yourself to some harsh side effects. If you get hungry just simply munch on a fruit or vegetable.

**7. Do try it with a friend:** Since juice cleanses can be so difficult especially when you get tired of eating fruits and vegetables doing it with a friend can be fun and you guys can keep each other on the cleanse. It can also be a fun and healthy experience together.

**8. Don't end the cleanse without transitioning:** After only drinking and eating fruits and vegetables it is important that you don't jump into eating in large portions. Take your time and ease into those larger meals.

**What are some other do's and don'ts of juice cleansing? Start a conversation in the comments below!**

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## **Celebrity News: Blake Lively & Ryan Reynolds Donate \$200,000 to NAACP Legal Defense Fund**





By

Alycia Williams

In latest [celebrity news](#), actress Blake Lively and husband Ryan Reynolds donated to the NAACP. According to *EOnline.com*, the [celebrity couple](#) donated \$200,000 to NAACP Legal Defense Fund. Recently, police brutality videos have been surfacing all over the media, most of the videos resulting in the death of a person of color. This has sparked massive protesting all around America, causing many people to get arrested. Reynolds and Lively were quick to show their support by taking to social media and explaining that they don't know what it's like to live in fear of the police, and neither will their kids. The post ended with them stating, "We're ashamed that in the past we've allowed ourselves to be uninformed about how deeply rooted systemic racism is."

**In celebrity news, Blake and Ryan are showing their support for the #BlackLivesMatter movement by**



# making a substantial donation. What are some ways supporting a worthy cause can bring you closer as a couple?

## Cupid's Advice:

Having similar beliefs and views in a relationship can really help unify you guys as a couple. Standing together on important issues in the world no matter what your opinion is, will strengthen your relationship. If you are wondering how standing together can bring you closer as a couple, Cupid has some advice for you:

**1. It builds a foundation for your relationship:** Standing together during social crisis is just one of the first steps of always sticking by your partner's side. As your relationship progresses, you'll need to stand together and support each other in a lot of different situations even if you don't agree. Standing by each others' beliefs and feelings will build a foundation to further your relationship.

**Related Link:** [Celebrity News: Tom Brady Celebrates Super Bowl Win with Gisele Bundchen & Kids](#)

**2. Better communication skills:** When you are both supporting a worthy cause together, it can stir up an amazing conversation between you two. Being able to express how you feel about something to your partner and your partner being able to do the same with you is improving your communication. That way, when you have to discuss something that you have totally different views on, you'll be able to get your point across and hear each others' points of view in a productive way.

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

**3. Attend events together:** When you are both really passionate about something, you will want to support the best way you can. Attending charity events and rallies together will help you two feel more like a unit. Moving as one in a public setting is always a plus in any relationship.

**What are some other ways supporting a worthy cause can bring you closer as a couple? Starts a conversation in the comments below!**