

# Celebrity News: Cardi B Reveals Surprise Ways Offset Gets Her to Relax & Unwind



By [Ivana Jarmon](#)

“Loving yourself isn’t vanity. It is sanity.” -André Gide. In [celebrity news](#), Cardi B thanks new husband Offset for teaching her self-care. *EOnline.com* caught up with Cardi B at her Fashion Nova x launch party, and she dished on how her husband is helping her unwind as a new working mom. “It’s really hard for me to disconnect, but you know, my husband he was just like, ‘You know what? You need to go, you need a vacation,’” the rapper shared with Erin Lim. “So, he actually flew me out to the Dominican Republic and he took away my phone.” The rapper doesn’t mind her hubby chastising her for working too

much or going on rants on Instagram. She joked that in response she just tells him: "Sorry dad. I swear to God he is like a dad." The [celebrity couple](#) has been together since 2017 and welcomed a daughter on July 10, 2018.

## **In celebrity news, Cardi B relies on her significant other to help her de-stress. What are some ways you can help your partner relax and unwind??**

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

Inevitably, life gets stressful. It's easy to go off on your own to get some alone time. But, when you're part of a pair, it's important to find ways to be together and relax at the same time. Cupid has some ways you can help your partner relax and unwind:

**1. Phone-free vacation:** Whether it's at home or somewhere tropical, a vacation without cell phones can work wonders for you and your partners' attitudes. It may sound simple, but you can't imagine how many people allow their phones to distract them on a daily basis. This is the time to reconnect during a peaceful vacation. There are vacation spots around the world that don't allow any cell phone or Wi-Fi use.

**Related Link:** [Celebrity Couple News: The Weeknd Cheers on Girlfriend Bella Hadid at Victoria's Secret Fashion Show](#)

**2. Game night:** There's nothing better than a game night. Whatever your game of choice is, you can kick back and spend a couple of hours playing together is a fun way to connect and forget about the everyday stresses of life.

**Related Link:** [Celebrity Couple Keith Urban & Nicole Kidman Cry Together After He Wins Entertainer of the Year at the CMAs](#)

**3. Stay-cation:** As awesome as a luxurious vacation can be, there's sometimes nothing better than staying at home and doing absolutely nothing. Go buy all of your favorite foods and snacks and spend a couple days in with Netflix and some of your favorite movies.

**What are some ways you can help your partner relax and unwind? Share your thoughts below.**