

# Fitness Tips: 5 Yoga Poses for Stress Relief



By Carly Silva

Doing yoga is a great way to stay active and get in touch with your body. But, it isn't just great for physical health; it also does wonders for your mind and mental health. There are tons of yoga poses that will help you focus on mindfulness and breathing just as much as physical fitness.

**If you're in need of some new [fitness tips](#) that will help both**

# your body and mind balanced, check out these five yoga poses for stress relief:

**1. Child's pose:** Child's pose is one of the most popular poses in yoga, and it is great to help you calm down and relax. To do this pose, start by sitting on your knees. Put your big toes together and knees as far apart as you would like, then stretch your arms all the way out in front of your and let your forehead touch the ground. This pose is great to do in the middle of an intense practice, or just throughout the day when you need to check in with yourself.

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**2. Forward fold:** Foreword folds are great to incorporate into any routine. Not only does a forward fold stretch your back or your legs, but it's also very balancing and calming. You can do a foreword fold sitting with your legs out in front of you, or standing with knees bent. Fold your entire torso as far down as you can go, and let your head be super heavy. This is a great passive pose, meaning that instead of straining and using muscles, you will be more focused on releasing the tension in your body and mind.

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**3. Bridge pose:** This pose is another one that is great for releasing all of the tension and chaos going on in your body and in your mind. To do this pose, lay on your back with your legs bent and feet on the floor. Slowly squeeze your gluts to bring your pelvis up as far as you can go, but don't tense up in your arms or neck. Keeping that calmness in your upper body will feel super restorative, especially if you stay in this

pose for a few minutes.

**4. Legs up the wall:** Legs up the wall, which is done exactly how it sounds, consists of laying down on your back, and letting your legs rest completely straight up against a wall. This pose is great, especially for anyone with an anxious or restless mind, as it forces your body to de-stress and calm down.

**5. Corpse pose:** Corpse pose is probably the easiest pose here, and it mostly consists of just laying down flat on your back with your arms out on either side. It can seem simple, but allowing yourself the time to lay in this position without having to worry about other tasks or responsibility is a great way to give your mind a break and reset for the day. Corpse pose is great to do at the end of a yoga practice, in the middle of the day, or right before bed as a cool-down exercise.

**What are some other yoga poses you love? Start a conversation in the comments down below!**

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**Royal Celebrity News: Prince William Disagreed With the Palace's Misleading Comments about Meghan Markle's Labor and Birth**



By Carly Silva

In royal [celebrity news](#), Prince William disagreed with misleading comments regarding Meghan Markle's labor and birth of [celebrity baby](#), Archie. The Duke and Duchess of Sussex welcomed their firstborn baby into the world in 2019, but it wasn't until eight hours after Archie was born that the royal family announced that Meghan was going into labor. According to *UsMagazine.com*, Prince William did not approve of this misleading statement, and in turn, waited a full eight days to meet his nephew.

**In royal celebrity news, Prince William isn't a fan of purposely**

# **misleading comments for the public. What are some ways to deal with a partner you've caught being dishonest?**

## **Cupid's Advice:**

Dealing with a partner who has been dishonest can be extremely tricky, but it doesn't have to mean that all hope is lost. If you're in need of some ways to deal with a partner who you have caught being dishonest, Cupid has some advice for you:

**1. Talk honestly with them:** When someone is dishonest, it can be extremely hard accept or move on from. Try talking honestly with your partner, as it may help you understand why they lied in the first place. Having open conversations with each other will allow you to both to maintain an honest relationship together.

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**2. Make sure it won't happen again:** While it's important to understand where your partner was coming from, you also want to make it known that it can't happen again. Make sure your partner knows that dishonesty isn't going to work in your relationship, and try to set up rules and boundaries so it doesn't happen again in the future.

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**3. Decide if you're going to forgive them:** While it can often be difficult to trust your partner after they've been dishonest, always trust your gut. If you genuinely believe that your partner is open with you, but makes mistakes

sometimes, then it's okay to forgive. If lying is a consistent habit of your partner's, then it may be time to reevaluate the trust you have between each other.

**What are some other ways to deal with a partner you've caught being dishonest? Start a conversation in the comments down below!**

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## **Food Tips: 5 Healthy Lunch Options**



By Carly Silva

Eating a healthy lunch isn't always easy, especially if you find yourself to be extremely busy during the day. Sometimes, it seems easier to reach for something unhealthy and quick, or resort to getting takeout for lunch, but there are plenty of fun lunch recipe options that are quick, easy to prepare, and healthy!

**If you're in need of some [food tips](#) for a clean mid-day meal, here are five healthy and tasty lunch options.**

**1. Taco salad:** A taco salad is a great idea for a tasty and filling lunch during the day, and it can be as simple as you'd like. All you need is ground turkey with brown rice, or even cauliflower rice to keep it super healthy. Top it off with shredded lettuce, tomatoes, black beans, and corn to get some veggies in and stay full throughout the rest of the day!

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**2. Turkey roll-up bistro box:** A bistro box is a super easy lunch to make, especially if you don't have the time to cook or prep meals. All you need to do for this bistro box is roll up slices of turkey, with cheese if preferred, and stick a toothpick through them to keep them together. For the rest of the box, you can add other filling and health snacks like veggies, nuts, or cheese cubes. These bistro boxes are not only quick to assemble, but they're also super easy to transport if you're bringing it to work.

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**3. Veggie pasta salad:** If you find yourself needing some carbs throughout the day to keep yourself fueled, pasta salad is a

great option, especially if you make it healthy. Start by using whole wheat or chickpea pasta, then add in some healthy veggies and toppings. Some great toppings are cucumbers, tomatoes, olives, and cheese. Feta and mozzarella cheese are perfect for this recipe, and you can always top it off with a light dressing if you need more flavor!

**4. Turkey burger:** Turkey burgers are a great healthy twist on the classic burger for lunch. Try eating a turkey burger on a lettuce wrap to make for a super healthy burger. You can also cut up the turkey burger and eat it over rice or in a salad as well.

**5. Stuffed avocados:** These stuffed avocados are a great way to get yourself full without indulging in unhealthy foods. To stuff an avocado, fill each half with the protein of your choice: turkey, tuna fish, or even beans. Then, top them with a little bit of your favorite cheese and put them in the oven to bake!

**What are some other healthy lunch options? Start a conversation in the comments down below!**

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**New Celebrity Couple: Sofia Richie Is Dating Matthew Morton After Scott Disick Split**





By Carly Silva

In the latest [celebrity couple](#) news, Sofia Richie has been spotted moving on with Matthew Norton after her recent split from [reality TV star](#) Scott Disick. According to *UsMagazine.com*, the two were spotted at Nobu restaurant in Malibu last weekend, and sources confirmed that the two are definitely seeing each other.

**In new celebrity couple news, it looks like Sofia and Scott have really moved on this time around. How do you know you're ready for a**

# new relationship after a split?

## Cupid's Advice:

Starting a new relationship after a split can be a difficult journey, especially if you're not sure if you're ready. If you're looking for ways to tell that you're ready for a new relationship after a split, Cupid has some advice for you:

**1. You're doing it for the right reasons:** If you are completely over your ex, it may be a time to start a new relationship. But, if you are dating because you are jealous of their new partner, or if you are trying to make them jealous, then you may not be ready for a relationship just yet. Give yourself some time to heal from the split before you start dating to make sure your intentions are healthy.

**Related Link:** [Celebrity Break-Up: Sofia Richie Unfollows Scott Disick Amid Bella Banos Dating Rumors](#)

**2. You've learned more about yourself:** A great way to tell if you are ready for a new relationship is to evaluate what you have learned. If you feel that you have grown and learned from your last relationship, you may be ready to move on and start a new one. If you're still feeling lost and heartbroken, then take some more time to heal and grow before starting something new.

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**3. You're completely over your ex:** When you're starting a new relationship after a split, you definitely want to make sure that you're completely over your ex. If you find yourself thinking about them or wanting to talk about them, then you may need more time to process the break-up, but if you are completely moved on and done thinking about them, you may be ready for a new relationship.

What are some other ways to tell you're ready for a new relationship after a split? Start a conversation in the comments down below!

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# Celebrity News: 'Bachelorette' Clare Crawley Spotted Wearing Diamond Ring



By Carly Silva

In the [latest celebrity news](#), the newest [reality TV star](#) Clare Crawley was spotted wearing what appeared to be a diamond

engagement ring on Monday. The season 16 *Bachelorette* was photographed in her hometown of Sacramento, California, where fans pointed out the shiny rock on her finger. According to *UsMagazine.com*, Crowley later posted an Instagram, sharing that the ring on her finger is one she bought for herself.

**In this celebrity news, Clare Crawley was spotted wearing a diamond ring, leading people to think she's engaged. What are some ways to surprise family and friends with news of your engagement?**

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

Sharing the news of a new engagement can be super exciting news to share with your friends and family, especially if it's a surprise. If you're looking for ways to announce your engagement that will surprise all of your loved ones, Cupid has some advice for you:

**1. Do a photoshoot:** A great and classic way to spread the news of your engagement is to do a photoshoot with your fiancé. If you want the photos to reveal the surprise, try posing in ways that make the engagement ring noticeable. You can send out the photos as postcards to announce the news, or show it to your family members in person to watch their reactions when they spot the ring!

**Related Link:** [Celebrity Divorce: Bachelorette Stars Ashley Hebert & JP Rosenbaum Split](#)

**2. Make a video:** Another great way to announce your engagement is to make a video. This will work great if you want it to be

a big surprise for your loved ones. You can send a video of your announcement, post it online, or gather all of your friends and family together to show the video in person.

**Related Link:** [Celebrity News: Bachelorette Alum Tyler Cameron Says He and Hannah Brown Have Struggled to Figure Out Relationship](#)

**3. Show off the ring:** Another simple way to announce your engagement is to do so with the ring. Wear the ring to an event with friends and family, and see who notices it! You can even drop hints throughout the day to give them a clue. This will be a great to announce your engagement while everyone is gathered and can celebrate altogether.

What are some other ways to surprise family and friends with news of your engagement? Start a conversation in the comments down below!

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## Beauty Trends: 5 Ways to Make Your Eyes Pop





By Carly Silva

Now that the COVID-19 pandemic has a lot of us wearing masks, it is a little more difficult to accomplish a full-faced beautiful makeup look. Since the eyes are really the only part of your face that people can see, adding an extra pop to your eye makeup is a great way to still sport a fun makeup look from underneath your mask.

**If you're in need of some [beauty tips](#) on making your eyes pop, here are five ideas that will draw extra attention to your eyes:**

**1. Add a sparkle:** One of the easiest ways to draw some special attention to your eyes is to add sparkle. You can use a glittery eyeshadow or add extra glitter on top of your preferred eyeshadow. Sparkly cream and liquid shadows are also super easy ways to add shimmer to your lids as well. You can

even use a highlighter on your eyelids or in the inner corner of your eye to give them a little extra sparkle without having to buy a new glitter shadow!

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**2. Curl your lashes:** This step might seem simple, but it makes an incredible difference. Curling your lashes makes your eyes look bigger and brighter, and it also helps your mascara to pop more. Lash curlers are a simple way to make your lashes look extra long and your eyes stand out even more!

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**3. Use an eyeshadow primer:** Another simple way to make your eyes pop, especially when wearing eyeshadow, is to use a primer. Adding a primer underneath eyeshadow will not only help the product stick for long wear, but it will also help the colors of your shadow appear brighter and more pigmented. This is a great way to help your eyes get that extra boost of color they need!

**4. Fill in your brows:** If you are looking for a way to make your eyes pop without having to add crazy colors or glitter, focusing on the brows is a great option. Adding extra color and depth to your brows is the perfect way to draw attention to this part of your face. You can use any type of filler: pencil, gel, crayon, or even a dark eyeshadow.

**5. Add in a liner:** Another great tip that will really make your eyes stand out is adding eyeliner. Eyeliner, whether on the top or the bottom, is great for defining the eyes and making them more noticeable than usual. You can even use a bright colored or sparkly liner to add a little extra pop.

**What are some other tips for making your eyes pop? Start a conversation in the comments down below!**

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# Celebrity Divorce: 'Bachelorette' Stars Ashley Hebert & JP Rosenbaum Split



By Carly Silva

In the latest [celebrity divorce](#) news, *Bachelorette* alums Ashley Hebert and JP Rosenbaum have decided to end their marriage. The two [reality TV stars](#) have been married for nearly eight years, after getting engaged on the ABC show in 2011, and they share two children together. According to *UsMagazine.com*, they both posted the announcement on their Instagram accounts, explaining their decision and asking fans



for privacy.

## **In celebrity divorce news, these *Bachelorette* stars are calling it quits after months of separation. What are some ways to know your relationship is unfixable?**

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

Ending a relationship, especially a marriage can be a tough decision to make. It's difficult to know if you should keep trying to work on it, or if it is time to call it quits. If you're having trouble in a relationship and need some signs that your relationship is unfixable, Cupid has some advice for you:

**1. You don't trust each other anymore:** One of the most difficult issues to resolve in a relationship is a lack of trust. Although trust and loyalty can be regained sometimes, once they are lost over and over again, it becomes even more difficult to replace. If you and your partner have tried regaining trust, and it is just not working, it may be a sign of irreversible damage.

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**2. You make each other unhappy more than you make each other happy:** Another tell-tale sign of an unfixable relationship is unhappiness. If you and your partner usually make each other unhappy or upset more often than you make each other happy, this may be a sign that the good parts of the relationship are long gone. Although you can try things to fix this problem, if negative feelings and unhappiness are persistent in your

relationship, it may be difficult to change that.

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**3. You've tried everything:** The most telling sign that your relationship is unfixable is when you both feel a sense of exhaustion because you have tried everything, and nothing has worked. Before giving up on the relationship, make sure you have tried every possible solution to work through your problems. Once you have tried everything without seeing progress, it may be time to call it quits.

**What are some other ways to know your relationship is unfixable? Start a conversation in the comments down below!**

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## Parenting Trend: 6 Baby Gender Reveal Ideas





By Carly Silva

Baby gender reveal celebrations are on the rise as one of the newest parenting trends. These blue and pink announcements, which evolved from the opening of an envelope, have now transformed into entire themed parties and celebrations. A gender reveal party is a great way to add some excitement to your gender announcement, and involve your family and friends while you do it.

**If you're looking to join in on the newest [parenting trend](#), check out these six baby gender reveal ideas:**

**1. Cupcakes:** This is a super simple way to reveal your baby's gender if you are looking for something more lowkey. For this idea, you can make cupcakes with surprise colored filling, or have a baking company or trustworthy friend do it if you want to be surprised yourself. These are great for more intimate parties or small gatherings with just close friends and

family.

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**2. Smoke bomb:** This idea is great if you have a bigger party, or want to really make a statement with your gender reveal celebration. Have someone at the party release the smoke bomb, and watch the air get filled with blue or pink smoke! Be sure to do this one in an outdoor space!

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**3. Confetti cannon:** Confetti cannons are the perfect way to reveal your baby's gender if you want everyone at the party to be involved. You can give each guest a confetti cannon, and have everyone set them off at the same time. This option is fun for kids especially, and makes for a great photo once the confetti fills the air!

**4. Balloon pop:** This is another great way to reveal your baby's gender with a little bit of excitement, and it can be done in multiple ways. You can get one big balloon filled with confetti, and pop it that way, or you can make a game out of it, and have a bunch of little balloons, with one holding the blue or pink confetti.

**5. Golf ball:** The golf ball gender reveal is a great idea, especially if you and your partner are sporty. You can fill this easily breakable golf ball with blue or pink powder, and then have someone take a swing at it!

**6. Silly string:** Silly string is another way to involve more than one person in the gender reveal. You can give as many guests a bottle of silly sting as you want. Be sure to cover the label, which may say the color. You can also have a trusted friend or family member do this as well if you are hoping to be surprised, too!

What are some other baby gender reveal ideas? Start a conversation in the comments down below!

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# Celebrity Couple News: Kristen Bell Stands By Husband Dax Shepard After Relapse



By Carly Silva

In the [latest celebrity news](#), Kristen Bell opened up about her

husband's relapse nearly one month ago, which ended 16 years of sobriety. According to *People.com*, the [celebrity couple](#) is working together to move forward, and Bell is committed to supporting her husband through this journey.

## **In celebrity couple news, Kristen Bell is standing by her man through his continued struggle with alcohol addiction. What are some ways to support your partner through addiction recovery?**

### **Cupid's Advice**

Being in a relationship with a partner who is struggling with addiction can be difficult, but there are ways to help them through it. If you're looking for some ways to support your partner through addiction recovery, Cupid has some advice for you:

**1. Attend therapy together:** While your partner is going through recovery, therapy is always a great option. Attending couple's therapy together may help both of you to have some guidance on this difficult journey, and to stay aware of each others' feelings and move forward together.

**Related Link:** [Celebrity News: Jana Kramer Receives DM Alleging Husband Mike Caussin Cheated Again](#)

**2. Be aware of possible triggers:** As a partner, it's important that you are helpful and supportive in your partner's efforts in recovery. Make sure you are fully informed on their addiction, and be able to identify possible triggers that could throw off progress. Be aware of triggering situations,

events, and people that may influence your partner to relapse.

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**3. Stay honest with each other:** Make sure you're able to talk to each other honestly. This will be important for your partner to feel comfortable opening up to you and for you to be honest about what you need from your partner as well.

**What are some other ways to support your partner through addiction recovery? Start a conversation in the comments down below!**

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## **Travel Tips: Traveling Safely This Mid-Pandemic Holiday Season**





By Carly Silva

Traveling for the holidays will be different than any year before because of the COVID-19 pandemic that is surging through countries everywhere. Taking extra precautions to travel safely will be a must this holiday season, so be sure to check out these [travel tips](#) before setting out on your trip.

**Here are five safe [travel tips](#) if you're looking to travel this mid-pandemic holiday season:**

**1. Mask up:** This probably goes without saying, but the most important precaution to take will be to wear a mask wherever you go when traveling. If you're traveling on a plane or by public transportation, a mask will definitely be a must. If you're driving yourself or taking an RV, make sure to stock up on masks for rest areas or other public places.



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**2. Pack the cleaning necessities:** Wherever you're traveling, you'll want to pack up some pandemic safety necessities. Put together a bag or carry on with extra face masks, hand sanitizers, sanitizing wipes, and disinfectant. These will be handy for keeping germs at bay while you travel. You can also pack immune boosters and packets to help prevent any sicknesses from interrupting your trip.

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**3. Keep your distance:** Staying distanced from others while you travel will also be essential. Be aware of your proximity to others and stay six feet apart from others at all times. Finding socially-distanced activities to do on your trip is a great way to still enjoy traveling while keeping distance and staying safe.

**4. Take care of your body:** One of the easiest ways to stay healthy, especially while traveling is to wash your hands. Wash them with soap and water often, especially if you're traveling through public places, hotels, and restaurants. Avoid touching your face and make sure to cover coughs and sneezes.

**5. Check travel restrictions:** In order to travel safely, it's important to research what the travel restrictions are in your state, as well as at the destination of your trip. Make note of what places are closed and what activities will be available. Also, be sure to plan ahead for quarantine procedures in your state after your return.

**What are some other ways to travel safely during this mid-pandemic holiday season? Start a conversation in the comments down below!**

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# Celebrity News: Lily James & Married Dominic West Spark Romance Rumors in Italy



By Carly Silva

In the [latest celebrity news](#), Lily James and Dominic West have been the subject of recent [celebrity gossip](#) as romance rumors circulate after the two were spotted getting close in Italy. According to *EOnline.com*, West, who is married to Catherine Fitzgerald, was seen caressing Lily's head and kissing her on the cheek while they shared lunch in Rome.

# In celebrity news, Lily James and her married colleague Dominic West are sparking romance rumors. What do you do if you think your partner is cheating on you?

## Cupid's Advice:

Thinking that your partner is cheating can be a tough situation. If you suspect your partner is cheating you, and you're not sure what to do, Cupid has some advice for you:

**1. Make sure you have valid reason:** The first thing you want to do, especially before you confront your partner, is to make sure you have valid reason to think they might be cheating. If you bring up cheating without any real reason to believe it, then you may risk showing distrust in your partner for no reason, which could lead to a fight.

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**2. Confide in someone:** Telling on of your close trusted friends may help you to take a load off while you figure out what is really going on. Before confronting your partner, a trusted friend may help you to evaluate what's really going on or help you rationalize the situation.

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**3. Talk to them:** If you are worried and believe you have real reason to believe your partner is cheating, you're going to have to talk to them and confront them eventually. Be honest about what your concerns are, but don't accuse in an aggressive way. You want them to be honest with you so you can

feel confident in the truth. Even if they aren't cheating, something else may be wrong that is causing you to suspect it, so communication is key.

**What do you do if you think your partner is cheating on you? Start a conversation in the comments down below!**

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## **Celebrity News: Jana Kramer Receives DM Alleging Husband Mike Caussin Cheated Again**



By Carly Silva

In the [latest celebrity news](#), Jana Kramer opened up about a recent direct message she received on Instagram, alleging that her husband, Mike Caussin cheated again. The [celebrity couple](#), who tied the knot back in 2015 and share two children together, and have dealt with infidelity before, after Caussin cheated in 2016. According to *UsMagazine.com*, Kramer admitted that she did freak out over the direct message, and she has a hard time trusting her husband.

## **In celebrity news, Jana Kramer says she doesn't trust husband Mike after multiple cheating rumors. What are some ways to rebuild trust in a relationship?**

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

Although infidelity is oftentimes a deal-breaker, it is possible to work through the problem and regain trust. If you're trying to rebuild trust in your relationship, Cupid has some advice for you:

**1. Be willing to put the work in:** Working through rebuilding trust will be a difficult journey, so make sure you're up for the task. Be honest with yourself if this is something you can work through and commit to it. Expect that it may be a long road, but it will be worth it in the end.

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**2. Ask for what you need:** When you're trying to rebuild trust, it's important to make sure you're honest about what you need. Set the boundaries that make you comfortable and make it clear what you expect in your relationship. This will make it easier

for your partner to strive to give you what you need in the future.

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**3. Focus on the future rather than the past:** One thing that will always make rebuilding trust difficult is reliving the past. If you make the decision to forgive your partner and move on, it's best to stick to that. Avoid bringing up the past and rehashing old problems. Instead, focus on the future and what you and your partner can do to better your relationship from now on.

**What are some other ways to rebuild trust in a relationship? Start a conversation in the comments down below!**

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## Movie Review: 2 Hearts





By Carly Silva

*2 Hearts* is a new romance [movie](#) that will pull on your heart-strings. The film follows the story of two romances, one of which is between Chris (Jacob Elordi) and Sam (Tierra Skovbye), who meet in a college class and begin a whirlwind love story. In an entirely different decade, Jorge (Adan Canto), falls in love with a flight attendant (Radha Mitchell). The two love stories, which occur in different places at different times, are connected when Jorge and Chris end up at the same hospital. You won't want to miss what happens with these two romances!

**Check out our movie review on *2 Hearts*, a romance film that will make your heart throb!**

**Should you see it:** If you love a romance movie, and you're not afraid of a film that may make you cry, *2 Hearts* may be

perfect for you!

**Who to take:** This romantic film makes for a perfect date night with a significant other, or even a great sappy girls night for you and your best friend!

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

*2 Hearts* is a purely romantic film, and it's all about meeting someone and instantly falling in love. How do you know if you're falling in love? If you're looking for ways to tell you may be falling in love, Cupid has some advice for you:

**1. If they make your heart rate increase:** Everyone knows that feeling of your heart skipping a beat, or butterflies rumbling in your stomach. These can be tell-tale signs of intense emotions for someone, and if they persist even after you have been dating for a long time, they can definitely be a sign of real love.

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**2. You can't stop thinking about them:** If you have ever stayed up all night thinking about someone, or couldn't focus on your daily routine because you couldn't get them out of your head, that may be a sign of love. Thinking about someone all of the time, and missing their presence when they're not around can mean more than just infatuation, but that you may be genuinely in love.

**Related Link:** [Movie Review: Lady and the Tramp](#)

**3. You enjoy the little things with them:** A major sign of falling in love is having a new excitement about life that your significant other stimulates. If going grocery shopping or doing other boring tasks starts to become something exciting and fun when you're doing it with your partner, you may be falling in love. Someone that you're in love with will excite you, never bore you, and make you more enthusiastic



about the little things in life!

What are some ways you can tell you're falling in love? Start a conversation in the comments down below!

Check out some other movie reviews from Cupid's Pulse [here!](#)

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## **Celebrity News: 'Bachelorette' Alums Tyler Cameron & Hannah Brown Discuss How Trauma Brought Them Together As Friends**





By Carly Silva

In the [latest celebrity news](#), *Bachelorette* alums Tyler Cameron and Hannah Brown finally got candid in a YouTube video about the status of their relationship. The two [reality TV stars](#) have been the subject of much speculation since the two quarantined together in March. According to *EOnline.com*, Brown posted a YouTube video where the pair explained that they spent time together as friends because they were both healing from family trauma at the time.

**In celebrity news, there's been a lot of speculation about Tyler and Hannah being more than friends during quarantine. What are some ways to keep rumors from affecting your relationship?**

## **Cupid's Advice:**

When rumors start circling about your relationship, they can add a lot of pressure, and sometimes are hard to ignore. If you are looking for some ways to keep rumors from affecting your relationship, Cupid has some advice for you:

**1. Ignore them:** The best thing to do when rumors are circling is to ignore them, especially if they are not true. If you are able to, try to tune out the rumors and don't even pay any attention to them.

**Related Link:** [Celebrity News: Too Hot to Handle Star Francesca Farago Sets Record Straight on Romance Rumors with Former Bachelorette Star Jef Holm](#)

**2. Think about confronting them:** If ignoring the rumors is too difficult for you and your partner, you can also consider confronting them. Block accounts on social media, turn off comments on your Instagram posts, or you can directly ask people to stop. Confrontation is one way to do actively do something to make the rumors stop.

**Related Link:** [Celebrity Couple News: Former Bachelor Ben Higgins Is Engaged to Girlfriend Jess Clarke](#)

**3. Focus on your relationship:** If rumors are starting to affect your relationship, try having an open conversation with your partner so that the two of you can focus on what really matters. If you are both happy, then there is no reason to worry about gossip and rumors. Spend your time focusing on each other and pay no mind to the rumors.

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

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# Fashion Trends: Layering Up This Winter



By Carly Silva

Winter fashion can be tricky, and finding the balance between a cute outfit and one that keeps you warm and comfortable can be a difficult task. Luckily, layering up is a fun winter [fashion trend](#) that will help you dress for any cold temperature, while also still looking trendy and chic!

# If you're in need of some cold-weather fashion trends, here are five tips for layering up this winter:

**1. Add a pea coat:** Pea coats are a great piece to incorporate into your cold-weather look. Not only are they extremely trendy, but they're also perfect for layering over cozy sweaters and long sleeves. Pea coats are also great to add if you're looking for a long jacket to cover your legs and keep you extra warm!

**Related Link:** [Fashion Trend: Celebrity Looks On the Way Out](#)

**2. Fleece is your friend:** Fleece is one of the best materials to add if you're thinking about layering up for the winter. You can find a fleece pullover or long sleeve to add on top of your cute outfit, or you can even wear a fleece jacket underneath a heavier jacket if you live in a really cold climate.

**Related Link:** [Fashion Trends: Ugly Christmas Sweater Outfit Ideas](#)

**3. Top off your outfit with a scarf:** Scarves are a great piece to add to any look that makes an outfit a little more fun and festive. You can add an infinity scarf around your neck on top of a sweater, or even have a big blanket scarf draped on top of your jacket to keep you warm while you travel outdoors!

**4. Find some cute and cozy boots:** Staying warm in the winter means keeping your feet warm too, but that doesn't have to mean clunky winter boots. Finding a pair of ankle booties, thigh-high boots, or any sort of fuzzy boot is the perfect solution to keeping your feet warm while also dressing up an outfit. Adding a boot is the perfect way to get a winter look

without compromising your style!

**5. Start from the top:** When you're out and about in cold weather, one of the first things to feel cold is the head and ears. You can easily add any winter hat for a great bundled-up and snowy look. Winter hats are perfect for adding something new to your look and make for a great festive accessory!

**What are some other tips for layering up this winter? Start a conversation in the comments down below!**

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# **Celebrity News: 'Bachelorette' Alum Tyler Cameron Says He and Hannah Brown Have 'Struggled' to Figure Out Relationship**





By Carly Silva

In the [latest celebrity news](#), *Bachelorette* alum Tyler Cameron opened up about his relationship with celebrity ex Hannah Brown. According to *UsMagazine.com*, the two [reality TV stars](#) have struggled to figure out their relationship after Brown ended things with Cameron on the season 15 finale. Since the end of the show, the pair have since been hanging out and even spent a few weeks quarantining together in the spring.

**In celebrity news, Tyler Cameron got candid about having a hard time figuring out what he and Hannah Brown's relationship is post-*Bachelorette*. What do you do if you're having trouble defining your**

# relationship with your new partner?

## Cupid's Advice:

Sometimes it can be tricky to tell where a relationship is going at the beginning stages. If you're having trouble defining your relationship with your new partner, Cupid has some advice for you:

**1. Express your desires:** If you and your new partner are struggling to define your relationship, it's important to be vocal about what you want and need from each other. Having an open and honest conversation will help the two of you stay on the same page.

**Related Link:** [Celebrity News: Too Hot to Handle Star Francesca Farago Sets Record Straight on Romance Rumors with Former Bachelorette Star Jef Holm](#)

**2. Don't be afraid to take it slow:** If you are struggling to define your relationship, it's totally okay to keep going slow. Taking some more time to define your relationship may mean spending some more time together and waiting a little longer to decide where the relationship is going.

**Related Link:** [Celebrity Couple News: Former Bachelorette Rachel Lindsay Celebrates 1 Year Anniversary with Bryan Abasolo](#)

**3. Go with your gut:** The most important part of defining a relationship is to simply do what feels right. If you're not ready for a definition, or if you're not concerned with sticking a label on your relationship, keep doing what feels the most natural and comfortable for you. Do what makes you happy and worry about defining the relationship later.

**What are some other things you can do if you're having trouble defining your relationship with a new partner? Start a conversation in the comments down below!**



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# Celebrity Couple News: 'DWTS' Pro Cheryl Burke Says Husband Matthew Lawrence Is Her 'Rock' Amid Sobriety Journey



By Carly Silva

In the [latest celebrity news](#), *Dancing with the Stars* pro Cheryl Burke stated in an appearance on *Good Morning America* that her husband, Matthew Lawrence, has been her “rock” amid her sobriety journey. The [celebrity couple](#) married in 2019, and according to *EOnline.com*, Burke insisted that she

would be lost without his support.

## **In celebrity couple news, Cheryl calls husband Matthew her “rock” during her sobriety journey. What are some ways to support your partner through overcoming addiction?**

### **Cupid’s Advice:**

Helping someone to recover from addiction can be extremely difficult for anyone, especially a romantic partner. If you’re looking for some ways to support your partner through overcoming addiction, Cupid has some advice for you:

**1. Educate yourself:** One of the first things you can do to help your partner in overcoming addiction is to make sure you understand the nature of addiction. Educating yourself will help you understand and empathize with your partner, and also know the language and habits to avoid while helping them recover.

**Related Link:** [Celebrity Couple News: Gwen Stefani & Blake Shelton’s Love Takes Center Stage at 2020 ACM Awards](#)

**2. Find substance-free activities:** One of the worst things you can do when helping a partner recover is to put them in situations that may trigger the desire to break sobriety. As a supportive partner, you can help by finding fun activities or events that don’t involve substance use. You can also communicate and set boundaries about which behaviors are acceptable between you and your partner.

**Related Link:** [Celebrity Couple News: Find Out Why Kaia Gerber](#)

[& Elordi Aren't Officially Dating Yet](#)

**3. Don't be afraid to ask for help:** While it is great to be a helpful support system for your partner, it can also be a lot to handle for you, too. Make sure you are getting the support you need as well, by reaching out to friends or even professionals for help and advice. This will help you to take care of yourself, and also be able to fully support your partner.

What are some other ways to support your partner through overcoming addiction? Start a conversation in the comments down below!

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## **Fitness Tips: The 6 Best YouTube Workouts to Try Right Now**





By Carly Silva

Ever since the start of the Covid-19 pandemic and stay at home orders, online workout videos have become even more popular. Following along to an instructor on YouTube is an easy and affordable way to get your workout in without overwhelming your schedule. If you're looking for some [fitness tips](#) to help you get in shape, there are thousands of workout instructors online that are great to follow.

## **In these fitness tips, here are the six best YouTube workouts to try right now:**

**1. Yoga for Core and Booty – Yoga with Adriene:** This 30-minute yoga practice focuses on toning the core and glute muscles in a meditative way. Yoga workouts are a great alternative if you prefer slower-paced workouts and mindfulness as well.

**Related Link:** [Fitness Trends: 5 New Fitness Trends to Keep Up](#)

[With in 2020](#)

**2. Total abs and full-body workout – Chloe Ting:** This 20-minute workout with Chloe Ting is a high-intensity core workout that also gets your whole body working. This is the perfect YouTube workout to follow along with if you don't have a lot of time, but still want to get an intense workout in.

**Related Link:** [Fitness Tips for Working Out While Wearing a Mask](#)

**3. 90s Dance Party Workout – MadFit:** This workout is only 15 minutes long, but it will get your blood pumping. This full-body workout is an all-cardio routine which will definitely get you sweating. And, you will be listening to throwback 90s music the entire time, which will definitely pump you up!

**4. Power Yoga Class – lululemon:** This yoga class is a more intense, full-body power yoga workout. It is a 45-minute video that will especially work your legs, back, and hips, but will get your whole body moving and sweating.

**5. Hip Hop Fit Workout – POPSUGAR Fitness:** This 30-minute workout is perfect for beginners or anyone who isn't a pro at working out. The mix of dance and fitness will have you burning calories while also having a ton of fun!

**6. Extreme butt-shaping workout – blogilates:** This extreme-intensity workout from blogilates will have you working up a sweat while specifically working on toning the booty. This guided video is 30 minutes long, and doesn't include any breaks, so make sure you're ready to break a sweat!

**Do you know any other Youtube workouts? Start a conversation in the comments down below!**

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# Celebrity Break-Up: Demi Lovato Is Feeling Relieved After Split From Max Ehrich



By Carly Silva

In the [latest celebrity news](#), Demi Lovato is feeling a sense of relief after breaking off her engagement with Max Ehrich. The [celebrity exes](#) met in March and moved in with each other to quarantine together. Their relationship moved along quickly, and Ehrich popped the question only months after they were dating. The engagement was recently broken off, and according to *UsMagazine.com*, a spokesperson for Demi Lovato revealed that the pop singer is relieved after seeing Ehrich's "true colors."

# In celebrity break-up news, Demi Lovato is relieved after her split and broken engagement from Max Ehrich. If you're feeling trapped or suffocated in a relationship, what do you do?

## Cupid's Advice

Relationships can be very demanding and overwhelming sometimes. If you're feeling trapped or suffocated in a relationship and you're wondering what to do, Cupid has some advice for you:

**1. Be honest:** If you're having concerns about being suffocated in a relationship, the first thing to do is to be honest with your partner about it. Tell them that this type of relationship isn't working for you and that you're not happy. Your partner may be able to change their behavior and cater to your needs so that the relationship is more suitable for what you want.

**Related Link:** [Celebrity Break-Up: Max Ehrich Reveals Details About How He Learned of Split From Demi Lovato](#)

**2. Set boundaries:** If your partner is on board to make a change in your relationship, it's important to set boundaries. Tell them exactly what behaviors are okay and which ones aren't. Dedicate some time to having individual space and time for yourself to help with the suffocating feeling. If your partner is able to make these changes effectively, it may show that there is hope for your relationship to be less suffocating.

**Related Link:** [Celebrity Break-Up: Kristin Cavallari Says She](#)

## [Thought About Divorce for Two Years Before Filing](#)

**3. Cut it loose:** If you're able to work on a relationship with your partner, it can help with feeling less suffocated, but if you are feeling trapped in your relationship, that may mean something is seriously wrong. If you're not completely happy and for some reason feel like you can't get out of your relationship, then it is important that you cut it loose. Feeling trapped is not healthy for a relationship and will only lead to resentment.

**What else can you do if you're feeling trapped or suffocated in a relationship? Start a conversation in the comments down below!**

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## **Food Trend: Breadfruit is the New Superfood**







By Carly Silva

Superfoods are great to implement into your diet! They are some of the healthiest food options and have multiple health benefits. Of course, everyone is familiar with the more popular superfoods, such as avocado, salmon, and spinach, but have you ever heard of breadfruit? New research is suggesting that this starchy, green, tree-grown fruit may be a new superfood to add to the list.

**If you're looking for a new superfood to mix into your diet, here are five reasons why new food trend breadfruit might be the key:**

**1. Lots of nutrients:** Breadfruit is being discussed as a superfood mostly due to the nutrients it offers. Not only does breadfruit contain fiber and protein, but it also has nutrients like magnesium and potassium, and a low glycemic

index.

**Related Link:** [Food Trend: What's the Deal with Seaweed?](#)

**2. Healthy grain option:** Researchers have tested breadfruit flour, which introduces a new gluten-free flour option. It is a healthy grain loaded with nutrients and provides higher fiber levels, too.

**Related Link:** [Food Trend: Health Benefits to Eating Mushrooms](#)

**3. Complete protein option:** Using flour produced from breadfruit is a complete protein option, one that is gluten-free and nutrient-loaded. Modern foods and diets are often reliant on gluten-free ingredients, so breadfruit may be a great superfood to add to your diet.

**4. Sustainable food source:** As more research is being conducted on breadfruit, scientists even believe that it may be a reliable source for food sustainability around the globe as well.

**5. Easy to prepare:** Breadfruit, which has a similar texture to that of a potato, has traditionally been cooked using fire, but can also be steamed, boiled, or baked, which makes for an easily prepared food.

**Can you think of other beneficial superfoods? Start a conversation in the comments down below!**

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**Celebrity Break-Up: Ant**

# Anstead Asks Fans to Stop Trying to Diagnose Split from Ex Christina



By Carly Silva

In the [latest celebrity news](#), Ant Anstead asked fans to stop leaving comments about his marriage and [celebrity break-up](#) with Christina Anstead on his Instagram account. The [celebrity exes](#), who married in late 2018, announced their split earlier this month. According to *People.com*, Ant shared a photo of the son he shares with Christina and chose to turn off comments on his post while asking for privacy and for their family.

# In celebrity break-up news, there may not be more to the break-up story between Ant and Christina after all. What are some benefits to keeping the details of your break-up private?

## Cupid's Advice:

Keeping your break-up private can be beneficial in quite a few ways. If you're wondering what some of the benefits of keeping the details of your break-up private are, Cupid has some advice for you:

**1. It shows respect for each other:** If you choose to keep the details of your break-up private, it shows that you still want to be respectful person toward your ex. Instead of airing their dirty laundry and telling everyone exactly what happened, it is very considerate to respect the privacy of your ex and keep the details of the split between the two of you.

**Related Link:** [Celebrity Break-Ups: Tarek El Moussa Is Sad for Ex Christina Anstead Amid Her Split](#)

**2. It prevents others from casting judgment:** If you are willing to tell others all the intimate details of your break-up, you also give them the power to comment or judge your choice to break-up. If you are not willing to listen to someone else's opinion or judgements on you and your ex's choice to end things, it may be best to refrain from giving all of the details out freely.

**Related Link:** [Celebrity Exes: Demi Moore Posts Epic Throwback Emmys Pic with Ex-Husband Bruce Willis](#)

**3. It stops further harm from being done:** If you continue to talk about your break-up with others or on social media, you run the risk of making the break-up even worse. Keeping things private helps to keep the drama to a minimum and moving on in a mature way rather than gossiping about or dwelling on the break-up. It can also prevent further arguments and blow-ups between you and your ex.

**What are some other benefits of keeping the details of your break-up private? Start a conversation in the comments down below!**

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## **Celebrity Break-Up: Find Out More About Demi Lovato & Max Ehrich's Messy Split**





By Carly Silva

In the [latest celebrity news](#), Demi Lovato and Max Ehrich's [celebrity break-up](#) got messy after the two broke off their engagement last week. The [celebrity couple](#) went public with their relationship in May, and Ehrich quickly put a ring on it in July. According to *UsMagazine.com*, the split came after distance made their relationship complicated, and Ehrich took to Instagram to call out the former Disney star.

**In celebrity break-up news, this broken engagement isn't going smoothly so far. What are some ways to keep your split as uneventful as possible?**

**Cupid's Advice:**

Break-ups don't always end peacefully, and sometimes the drama

can get out of hand. If you are looking for ways to deescalate the drama and keep your split as uneventful as possible, Cupid has some advice for you:

**1. Try not to make a scene:** When you're going through a breakup, there will obviously be a lot of emotions and pain, but it's important not to blow it up too much. Try your best to maintain composure and refrain from making a scene. This will make it easier to end the relationship peacefully and move forward without some huge blow-up making the situation worse.

**Related Link:** [Celebrity Break-Ups: Kelly Clarkson & Usher Connect Over Divorce Difficulties](#)

**2. Stay off social media:** A lot of times, couples will use social media to communicate with their ex, and it can get really messy. Saying anything over social media is so public and makes matters worse. Instead of messaging, commenting, following, or unfollowing your ex on social media, try to only communicate with them in person to remove the excess drama that comes with social media.

**Related Link:** [Celebrity Break-Up: Kristin Cavallari Says She Thought About Divorce for Two Years Before Filing](#)

**3. Keep it private:** Another way to keep your split uneventful is to keep it as private as possible. Obviously your friends and family are going to find out about the split, but you don't necessarily have to air all of your dirty laundry to everyone in the world. Keeping the fallout of your relationship and the details of the break-up somewhat private will help to keep the drama to a minimum.

**What are some other ways to keep your split as uneventful as possible? Start a conversation in the comments down below!**

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# Fun Fall Beauty Tips



By Carly Silva

Fall is officially here, and that means new beauty trends. Transitioning from summer to fall can warrant a lot of different changes for your beauty routine, including different skincare tricks and a new color palette.

**If you're looking to switch up your beauty routine for the fall, here**



# are five fun beauty tips to help you get ready for the fall:

**1. Change up your skincare:** Fall means cooler weather, which can be tough on your skin. It's important to keep your skin moisturized, which can mean drinking more water or maybe switching to a heavier face moisturizer. Also, it's a good idea to invest in a moisturizing lip product to keep your lips from looking chapped as the weather gets colder.

**Related Link:** [Beauty Tips: How to Combat Maskne](#)

**2. Show off some autumn nails:** The fall season is the perfect time to embrace darker color palettes for nail art. Don't be afraid to explore grey tones, purples, reds, oranges, and greens. These dark fall tones will top off any fall beauty look.

**Related Link:** [Beauty Tips: Flawless Foundation](#)

**3. Warm-toned eyeshadow:** Fall is the perfect excuse to wear warm, shimmery, and even glittery eyeshadow. Sparkly golds are extremely trendy this fall, so top off your makeup look with a glittering eyeshadow or a sparkling highlighter on your cheekbones.

**4. Add in some dark accents:** Something that makes a look pop in the fall is adding a dark accent to your makeup look. The best way to do this is to add a dark lip or fill in your brows to be nice and thick. This type of look is a nice contrast from summer trends and will definitely make you look like you're ready for fall.

**5. Don't forget about SPF:** Even though you may not be basking in the sun and laying on the beach like in the summertime, SPF is still very important. If you're still going to be outside for fall activities, or even if you won't be outside much, SPF

is something your skin needs every day, during every season. Keep your skin healthy and avoid fine lines and premature aging all season long by keeping up with your SPF.

**Do you have more fun fall beauty tips? Start a conversation in the comments down below!**

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## **Celebrity Break-Up: Kristin Cavallari Says She Thought About Divorce for Two Years Before Filing**





By Carly Silva

In the [latest celebrity news](#), Kristin Cavallari admitted that she thought about divorcing Jay Cutler every day for two years before actually filing. The [celebrity exes](#) were married for seven years, and have three children together. According to *UsMagazine.com*, Cavallari was open about how she knew it was time to part ways.

**In celebrity break-up news, Kristin Cavallari definitely didn't take the idea of divorce lightly, and thought about it for two years before filing. How do you know your relationship is over and not saveable?**

**Cupid's Advice:**

Ending a relationship can be an extremely difficult decision, especially if you're not totally sure. If you're wondering how to tell if your relationship is over and not savable, Cupid has some advice for you:

**1. If you've tried everything:** If you and your partner have ongoing issues that you have tried to resolve but just can't, then it may be time to end the relationship. If you've tried interventions, therapy, and still keep running into the same problems, then it might not be possible to salvage the relationship anymore.

**Related Link:** [Celebrity Break-Ups: Kelly Clarkson & Usher Connect Over Divorce Difficulties](#)

**2. If you can see yourself with someone else:** Although relationships can change over the course of life, your love should still be evident to you. If you feel like your love for your partner has waned, or that you can picture yourself with someone else, it may be a sign that what you had is over.

**Related Link:** [Celebrity Break-Ups: Tarek El Moussa Is Sad for Ex Christina Anstead Amid Her Split](#)

**3. If you're just not happy:** One of the main signs to help you decide if your relationship is really over is how your relationship makes you feel. Even when your relationship goes through hard times, your happiness should be enhanced through your relationship. If you are unhappy in your relationship for an extended period of time, it may not be worth saving

**How can you tell your relationship is over and not savable? Start a conversation in the comments below!**