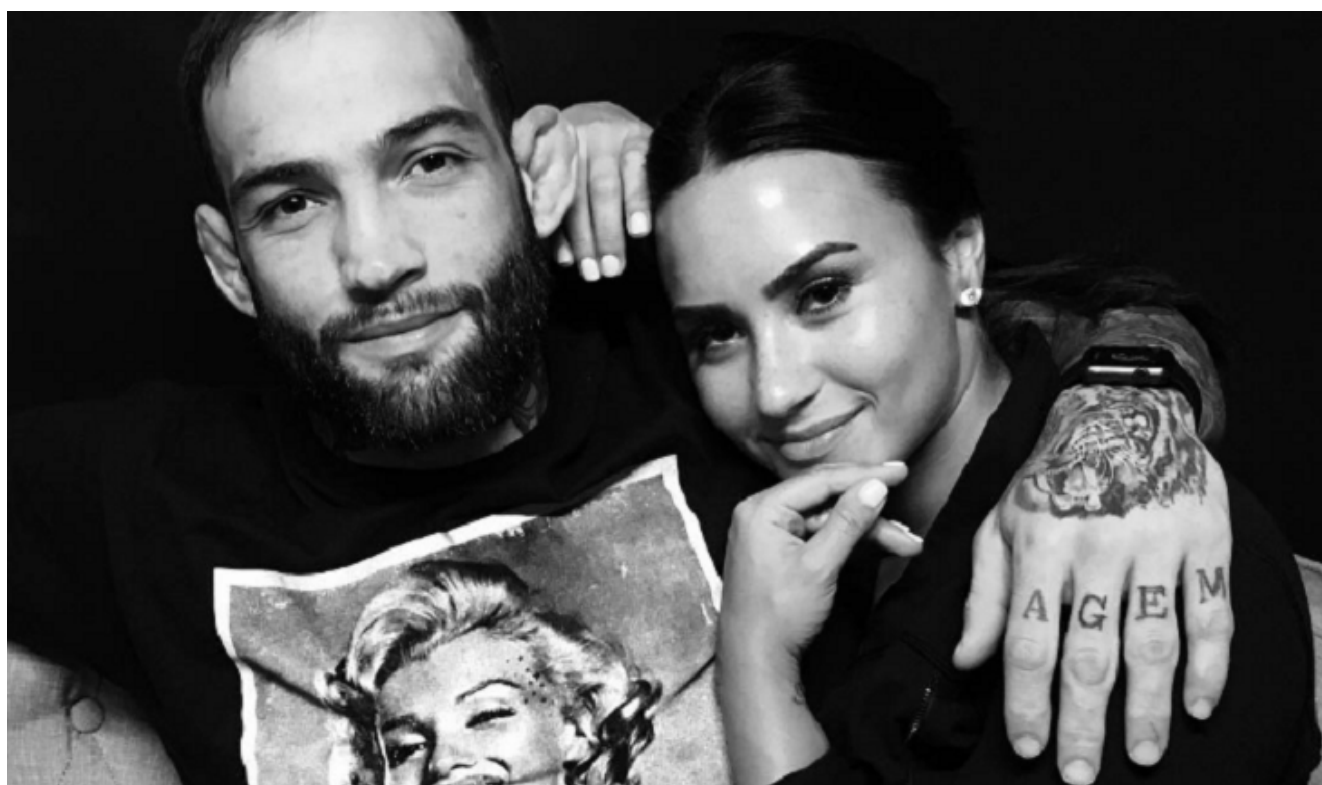


Celebrity News: Demi Lovato Supports Rumored BF Guilherme Vasconcelos at MMA Fight



By [Cortney Moore](#)

Demi Lovato is one of the most supportive girlfriends in Hollywood. The 24-year-old singer was seen cheering on her rumored MMA boyfriend, Guilherme "Bomba" Vasconcelos, at his match in Los Angeles on Saturday evening. According to [EOnline.com](#), the pair definitely appear to be a [celebrity couple](#) with the amount of flirting going on. Lovato wore a "Team Bomba" shirt to the event and pumped up the crowd with a chant for the hunky fighter. Sources told *E!* that Lovato appeared to be nervous while watching Vasconcelos, and flinched whenever he would get hit. And Lovato's affections

weren't one-sided. Onlookers said Vasconcelos pointed at Lovato once it was announced he won, and they greeted each other with a kiss. Another witness says they heard Lovato say, "I'm so proud of you! I'm so proud of you," before they exited the scene. With a celebration like that, it's no wonder why this new couple is making [celebrity news](#)!

This celebrity news is pretty convincing! What are some reasons to keep the status of your relationship under wraps?

Cupid's Advice:

Some couples are really big on public displays of affection, others not so much. It might sound strange to keep your relationship under wraps, but there are some benefits to doing so. Let Cupid help you decide whether you should keep your relationship hush-hush:

1. Avoid drama: Let's be honest for a moment, some people just like getting in the middle of couples. If you know someone that's meddlesome and likes to cause drama, then it might be a good idea to keep your relationship a secret from them. You don't need unnecessary stress in your life.

Related Link: [Celebrity News: Joe Jonas 'Likes' Pic of Ex Demi Lovato with On-Again Boyfriend Guilherme 'Bomba' Vasconcelos](#)

2. If it's casual: Not every romantic partner is relationship worthy. There's no need introducing someone to your friends and family if you have no intention of keeping them in your life. There's nothing wrong with a casual relationship, but that doesn't mean you have to let the world to know your business.

Related Link: [Celebrity Couple Reunited: Demi Lovato Is Back Together with Guilherme Vasconcelos](#)

3. You like it that way: If you're a very private person, then you might just prefer keeping your relationship status to yourself. This gives you and your partner time to really get to know each other and figure things out. There's just less pressure when your relationship isn't in the spotlight.

Have you ever had to keep your relationship under wraps? What was the reason? Share your stories in the comments below.

Celebrity Wedding News: Kate Upton & Justin Verlander Talk Wedding Plans





By [Cortney Moore](#)

Kate Upton and her fiancé Justin Verlander are making [celebrity news](#) once more with their upcoming [celebrity wedding](#). The pair revealed in an interview with [EOnline.com](#) that they actually have not started planning their big day; but one thing they are certain of is that they will party up a storm before they walk down the aisle. "We are getting married. That's about as much as we know," Upton told *E!*. Her husband-to-be blames his busy baseball schedule for their delay in planning. However, Verlander is excited for his bachelor party and hopes to have more than one to include all his friends, "So maybe a couple? Three?" he suggested. Upton isn't letting her fiancé have all the fun though; she's hoping to have her bachelorette party abroad. "I really want to go to Mexico and have so much tequila!" she said. This [celebrity couple](#) sure knows how to have a good time! We're certain their wedding will be a bash to remember.

Before this celebrity wedding comes

some major partying! What are some ways to let loose before your big day?

Cupid's Advice:

Weddings are a joyous occasion, but planning one is no joke. It can be really stressful getting everything together, especially if you're doing most of the work yourself. Let Cupid help you find a way to unwind before your nuptials:

1. Spa day: One of the best things you can do for yourself before your wedding is to go to a spa. Splurge on a massage or a facial that will get you photo-ready for your big day. The peaceful setting at a spa will automatically make you feel better. It's not a bad idea to invite your future spouse for a day of relaxation either.

Related Link: [Detroit Tigers Pitcher Justin Verlander Says Celebrity Relationship with Model Kate Upton is 'Normal'](#)

2. Girls night: Schedule a night with your girls aside from your bachelorette party. Being around your closest friends will help you relax, and it's a great opportunity to find out what they've been up to instead of keeping the attention on you. It doesn't matter if you all stay in and watch chick-flicks or go out for dinner, just make an effort to enjoy yourself.

Related Link: [Justin Verlander Tosses Baseball to Girlfriend Kate Upton During Game](#)

3. Exercise: Scheduling a few fitness classes before your wedding is a great way to let out any frustration you've been bottling up. Not to mention how great it'll make your body look in that wedding dress! Just make sure to pick an activity you enjoy, whether it be something low impact like

yoga or high intensity like kickboxing.

How have you handled breakups in the past? What were your reasons for breaking up? Share your stories in the comments below.

Celebrity News: Joe Jonas 'Likes' Pic of Ex Demi Lovato with On-Again Boyfriend Guilherme 'Bomba' Vasconcelos



By [Mallory McDonald](#)

In recent [celebrity news](#), Joe Jonas has given his approval to [celebrity ex](#) Demi Lovato's on-again boyfriend Guilherme 'Bomba' Vasconcelos. [UsMagazine.com](#) reported that Joe 'liked' a pic of Lovato with Vasconcelos on Instagram. Joe and Demi co-starred in the Disney Channel movie *Camp Rock* and later dated for a few months. Lovato has recently been in a lot of [celebrity relationships](#), but there seems to be something special between her and Vasconcelos that makes them keep coming back to one another. They both have had relationships in between being with each other and seem to always find their way back to one another. Hopefully this time, it works out for good!

This celebrity news proves there's no animosity between these exes! What are some ways to revert back to friendship with your ex post break-up?

Cupid's Advice:

Some relationships may not be meant for the long haul, but that doesn't mean a friendship can't still be saved:

1. Keep a distance: Keeping a distance means staying away from this person forever, but after the break-up give yourself some space to get over the relationship to save the friendship.

Related Link: [Celebrity Couple Reunited: Demi Lovato is Back Together with Guilherme Vasconcelos](#)

2. Mutual breakup: Mutual breakups can be the best breakups to turn into a friendship. You both knew you couldn't make the relationship work but be there to support each other through life.

Related Link: [New Celebrity Couple? Demi Lovato Allegedly Hooking Up with UFC Fighter Luke Rockhold](#)

3. Open communication: When you want to reach out to your ex and suggest being friends again make sure you are clear with your intentions and make sure that they feel the same way.

How did you remain friends with your ex? Comment below!

Serena Williams Talks Celebrity Engagement to Boyfriend Alexis Ohanian



By Justin Thomas

Here comes the bride! During a press conference after a successful match at the 2017 Australian Open on Tuesday, Serena Williams opened up about her recent celebrity engagement to her now fiancé Alexis Ohanian. According to UsMagazine.com, Williams simply said, "It feels good" when asked about her feelings toward her new upcoming nuptials. As exciting as it is, Williams is making it clear she's not losing focus, saying, "I really haven't thought about it too much, because I wasn't even really gonna think about it until after the tournament." She continued, "So, I just keep saying, 'February, I'll start looking at the bigger picture of my life.' But right now, I'm just so focused that this is all I can think about." The news of the engagement broke on December 29, though the [celebrity couple](#) have been dating since the fall of 2015.

This celebrity engagement is still being celebrated! What are some ways to celebrate your recent engagement with family, friends and each other?

Cupid's Advice:

Getting engaged is no doubt one of the most exciting moments and experiences in one's life. There are a rush of thoughts that cross your mind as you begin to celebrate. Here's some [relationship advice](#) from Cupid to help get the celebration started:

1. It takes two: Enter this new phase of your lives together by telling all of your loved ones together as a unit. Be creative or don't be creative, or yell it from the top of a

mountain; it doesn't matter as long as you share the news together!

Related Link: [Relationship Advice: Post Engagement Behavior](#)

2. Celebrate: Yes, this means all the cliché engagement motions! Call up all of your family and friends, grab your partner, and pop open a bottle of your favorite champagne (or your drink of choice) and get the good times rolling.

Related Link: [Is Shia LaBeouf Celebrating a Celebrity Engagement with Girlfriend Mia Goth?](#)

3. Let the real party start: Once everyone leaves and the dust (confetti) has settled, it's time to celebrate with just the two of you. This can be done at home or through a quick getaway; just make sure it's special. By now, you can already feel the change in dynamic between you two as the news is still fresh, so relish in it. Make time to do what couples do!

What are some ways you'd celebrate your engagement? Comment below!

Parenting Advice: You're Never Too Old to Have a Child





By [Dr. Jane Greer](#)

You're never too old to have a child – just ask Steve Martin, Mick Jagger, Ronnie Wood, and many other [celebrity dads](#) who are choosing to become fathers later in life. While there is no ideal age that is perfect for every couple, having children at an older age has many benefits and also a few possible drawbacks. And you certainly don't have to be a [celebrity](#) or a dad to consider starting a family beyond your twenties and thirties. In fact, because of various reasons including being caught up in their professional lives, many people are realizing it doesn't have to be one or the other, and despite focusing on their career for years realize they have not missed the chance to have kids. With that in mind, along with the current fertility technology and the possibility of adoption, many are pursuing that goal in their forties and even fifties. If you are in a new relationship with an older or younger partner, or you're older and finally ready to enjoy the joy of parenthood, or you have kids with an ex-spouse, but want to share that experience with a new one, there is still time.

Here are a few things to consider while you contemplate having kids later in life.

On the positive side, waiting to have a baby means there is more time available to pursue your career before settling down. It gives you the chance to focus on work and achieve the goals you set for yourself without feeling guilty that you don't have time for a child, or weighed down by the details of taking care of your family. Additionally, because you were able to fulfill your life dreams you may be more content and relaxed when you are faced with the additional responsibilities that come with parenthood. Furthermore, being older parents can also mean more financial and emotional stability for the kids, as well as a higher level of wisdom and teaching that comes from extra life experience, along with resilience and stamina which are essential qualities in a good parent. And of course, what better way to bring youth back to your home than to have a baby? Of course the family dynamics do change somewhat the longer you wait, but there's something to be said for getting the most out of the first chapter of life before starting the next one.

Related Link: [How Raising a Child Can Bring you Closer Together as a Couple](#)

On the flip side, though, there are a few other things to keep in mind. In truth, one's physical energy level is not the same when you're older as when you're younger. Being able to deal with the high demands and energy level of children themselves is something to be aware of. Of course, there is always the option to reach out for childcare support, no matter what age you are, when you become a mother or a father. Even more serious is the hope that one will live long enough to see their children reach different junctures in life – high school

graduation, a wedding, the birth of a grandchild. The older you are, the more this might come into question. Mortality can be something that enters into the picture when the decision is made to have children at a later date.

Related Link: [Why It's OK to Have Kids Later In Life](#)

In the end, you have to consider the pros and cons of bringing a new person into the world at any time in your life. Why not do it when you are more established and more grounded in the world, just like Steve Martin and the other celebrity dads did? It might be as good a time as any, especially if you missed the chance at an earlier stage.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy.

Celebrity News: Kourtney Kardashian & Justin Bieber Hang at Club After Fling



By [Mallory McDonald](#)

[Kourtney Kardashian](#) and [Justin Bieber](#) are once again the latest [celebrity news](#). [UsMagazine.com](#) found out that the two were hanging out again at a club. A source shared, "Bieber was with a group of friends – including former One Directioner Liam Payne – at the live music venue for about two hours. The *Keeping Up With the Kardashians* star arrived second and stayed for only about 15 minutes." However, that was not the end of the pair's night, as they later met up at around 2 a.m. "They were just there as friends, with friends and it was not romantic," the source tells *Us*. "Every time Kourtney and Justin are together they're extremely flirtatious. They text each other all the time." It seems like these two may not be headed for a [celebrity relationship](#), but they can't seem to stay away either!

In celebrity news, it looks like these two have no hard feelings after their fling. What are some ways to recover quickly after a fling gone bad?

Cupid's Advice:

Flings are meant to be just that, a fling. Here is how you can recover when a fling has gone wrong:

1. Remember it was a fling: The point of a fling is for it to be short term and something that eventually ends. So when it goes wrong try and remember it was never meant to work.

Related Link: [Celebrity Couple News: Kourtney Kardashian is Hooking Up with Sexy Model Younes Bendjima](#)

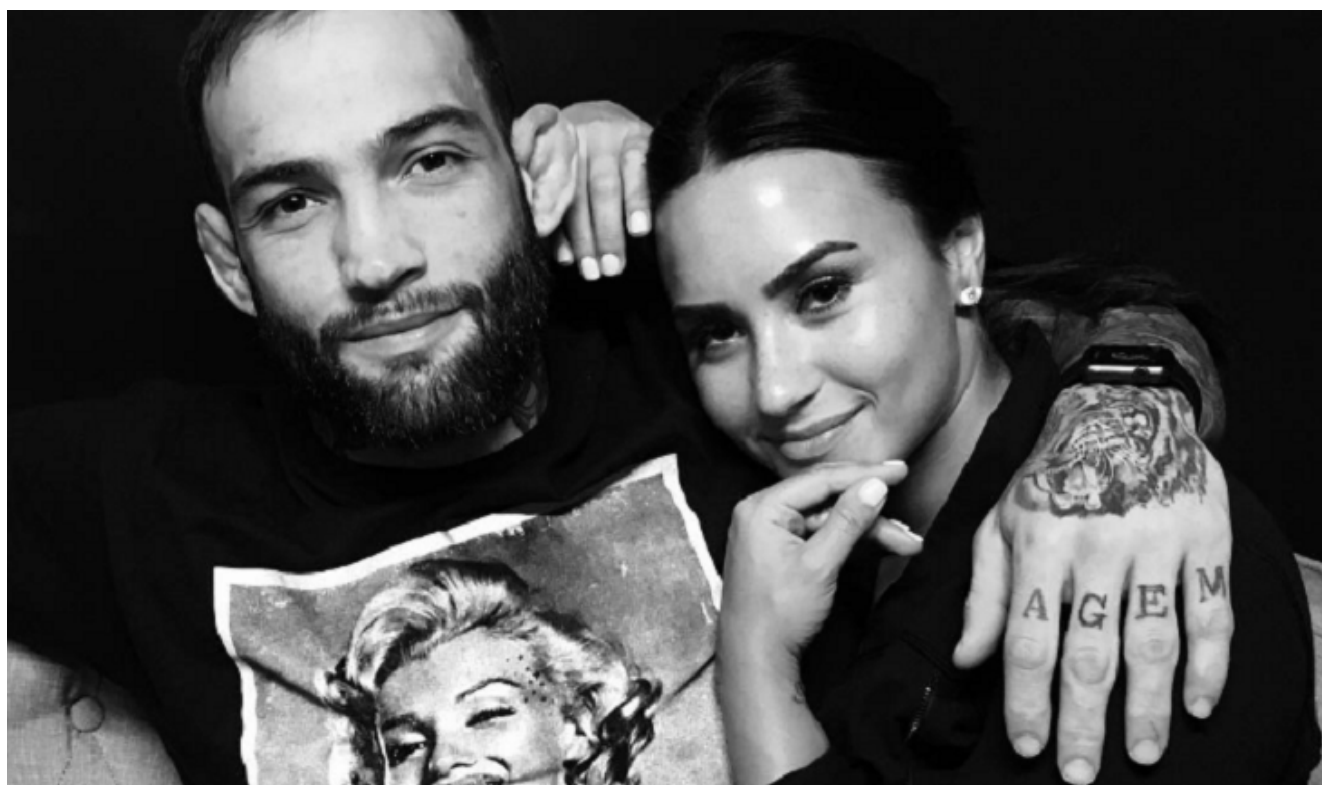
2. Part ways: Trying to remain friends with a fling that didn't work can prove to be tricky, try to make a clean break when it ends.

Related Link: [Find Out What's Going On with Former Celebrity Couple Kourtney Kardashian & Scott Disick](#)

3. Stay amicable: While you don't want to remain friends with your failed fling, there shouldn't be an animosity towards each other and staying on amicable terms would be best for everyone.

What did you do when your fling went wrong? Comment below!

Celebrity News: 'Bachelor' Villain Corinne Temps Nick Viall with Surprises on Latest Episode



By [Mallory McDonald](#)

In recent [celebrity news](#), *The Bachelor* is back, and this year on Nick Viall's season, the villain of the season is stirring up a lot of drama! According to [UsMagazine.com](#), Corrine Olympios "showed up to the cocktail party in a trenchcoat and nothing else before asking Viall, 36, to lick whipped cream off her body." While that wasn't seen by the other contestants, later on in the episode, a few of the other contestants saw "Viall jumping around in Olympios' inflatable

bouncy house one too many times and called him out: Is *he* here for the right reasons?" So while some of his other relationships are progressing on the show, it seems the villain of this season is really making some of the girls question his motives.

In celebrity news, *The Bachelor* just got more drama-filled, thanks to Corinne! What are some ways to know if you're in lust or love?

Cupid's Advice:

Finding the difference between lust and love can be very difficult, especially when the two blur so easily. Use this [dating advice](#) to differ between love and lust:

1. Emotional connection: A good way to determine if you are in lust and not love is to ask yourself if you enjoy talking with them and spending time outside the bedroom. Learn if there is an emotional connection.

Related Link: [Celebrity News: 'Bachelor' Nick Viall Meets a Past Hook-Up on First Night](#)

2. Take away lust: By taking away any sexual activities with that person you can find out if there is more to it than just attraction.

Related Link: [Celebrity News: Jenn Saviano Reacts to Getting Dumped By New 'Bachelor' Nick Viall](#)

3. Strong conversations: If you are not having long and thoughtful conversations with the person you think you are in love with, odds are you are just lusting at them.

How did you differentiate between love and lust? Comment below!

Celebrity Exes: Find Out How Bella Hadid Feels About The Weeknd & Selena Gomez's New Romance



By [Cortney Moore](#)

It looks like everything is going well for The Weeknd and [Selena Gomez](#). However, it seems that not everyone is happy

about the [celebrity couple](#)'s new romance. According to [EOnline.com](#), Bella Hadid isn't happy about her celebrity ex moving on without her and has even unfollowed Gomez on Instagram in retaliation to the new couple's PDA photos. "She is actually not over The Weeknd. She still loves him," a source shared with *E!*. "It really hurt her seeing Selena be all up on her man. She still feels like they have a connection." Though Hadid and Gomez have been cordial to each other on Instagram, the pair are also not good friends, so Gomez has no issue enjoying her dates with The Weeknd. However, the plot thickens with this love story since another source told *E!* that The Weeknd has always "had a thing for Selena." Only time will tell if Hadid can get over her [celebrity ex](#).

These celebrity exes probably aren't on the best of terms at the moment. What are some ways to keep things civil when your ex moves on with someone else?

Cupid's Advice:

Dealing with exes can be tricky. Although you may be angry or hurt about the breakup, there's no need for additional drama. If you've noticed that your ex has moved on with someone else, then let Cupid help you keep things civil between you and your ex with the following tips:

1. Cut them off: People struggle with this, but cutting off communication with your ex is the best way to get over them, especially if you notice they've been dating again. Speaking to an ex regularly or stalking their social media accounts are just a way of latching on to the "good old times." Remember

that you broke up for a reason, so it's important to not fixate on them. And don't worry about being the "uncool" ex; you don't *have* to be friends with an ex!

Related Link: [New Celebrity Couple: Why Selena Gomez & The Weeknd Went Public With Their Relationship So Soon](#)

2. Get your date on: If cutting them out of your life isn't an option, another great way to be civil towards your ex is to date other people. Going out and having fun will release endorphins in your body that will help you forget the heartache you experienced during the break-up. However, make sure you're out dating for your own enjoyment, not because you're in competition with your ex and their new partner.

Related Link: [Celebrity Couple Bella Hadid & The Weekend Call It Quits After Almost Two Years](#)

3. Find a focus: Being single can be also be a good thing. It allows you the freedom of making those big changes in your life. Take on a new hobby, find a job you love, study something that you've always found interesting. Whatever it is you've wanted to do, pursue it and make it a priority. Distracting yourself from the breakup will allow time to heal your heart. And with a healed heart, it'll be much easier to keep things civil with your ex.

How have you coped with an ex moving on? Share your stories and advice below!

Celebrity News: Dax Shepard

Shares Throwback Pic with Wife Kristen Bell



By [Jessica DeRubbo](#)

In [celebrity news](#), one of Hollywood's cutest [celebrity couples](#) has done it again. According to [UsMagazine.com](#), Shepard posted a throwback photo of himself with now wife [Kristen Bell](#) from nine years ago. It's a photo of Bell on Shepard's lap, captioned, "9 years ago. And unfortunately that bottom lip isn't from injections, it's Skoal. That's right, I landed @kristenanniebell while in the throes of a nasty dip habit. Thanks for being an optimist, honey." Shepard and Bell have been married for four years and have two children together, Lincoln, 3, and Delta, 2.

This celebrity news has us believing in love again. What are some ways to keep the spark alive in your relationship?

Cupid's Advice:

Kristen Bell and Dax Shepard are definitely #relationshipgoals. Cupid has some tips to keep the spark alive just like they do:

1. Publicly gush once in a while: You don't need to go crazy with the public gushing, but it's almost guaranteed that your partner will appreciate the recognition with family, friends, or social media connections. If you're proud of your partner for something, yell it from the rooftops!

Related Link: [Kristen Bell and Dax Shepard Consider Having Kids Out of Wedlock](#)

2. Plan a surprise "just because": When you're in a long-term relationship, it can be easy to get into a routine. Before you know it, your relationship is hitting the "rut" stage. To keep things interesting, consider planning a surprise trip or date for your partner. It's even better if it's "just because" and not for a special occasion, to show you're thinking about him/her all the time.

Related Link: [Famous Couple Kristen Bell and Dax Shepard Plan Date Nights Mathematically](#)

3. Do your own things: We're sure you've heard the phrase, "Distance makes the heart grow fonder." Well, it's true! You definitely want to keep your independent lives intact, just as you keep your together lives in mind. Keep your own groups of friends, and get away sometimes. When you come back together,

you'll be even more grateful for your relationship.

What are some other ways to keep the spark in your relationship alive? Share your thoughts and experiences below.

Celebrity News: Val Chmerkovskiy Slams Haters Who Criticized His Relationship with Amber Rose



By Justin Thomas

In [celebrity news](#), *Dancing With the Stars* pro Val Chmerkovskiy and model girlfriend Amber Rose have been at the receiving end of a lot of hate as they've gone public with their new found love. According to [UsMagazine.com](#), rumors about the [celebrity couple](#) started flying while Rose was on this past season of *DWTS* dancing alongside Val's brother, Maksim Chmerkovskiy. Val and Amber didn't confirm their relationship until they were sure it was the real deal. Recently, both Amber and Val have made no secret of their relationship with adorable Instagram posts where they've expressed their happiness. Amber even took to her podcast to say, "It's been four months now and it's awesome. I love his family and everyone's so great. He's great." But that hasn't stopped the haters from trolling. Val went on Twitter to concisely say, "It matters 0% what people who don't know you think about you. All that matters is what the people who really knowU and loveU think about you." He also went on to say it's "not surprising, but still fairly disappointing how ignorant and vile people are." Being the public figure she is, Amber is more than likely used to the hateful comments, while Val seems to be somewhat shocked.

This celebrity news shows that Val can stand up for his woman! What are some ways to stand up for your partner in the face of adversity?

Cupid's Advice:

Standing up for your partner in any capacity definitely shows people how serious you are as a couple. But, it's especially hard in a social media driven world where comments can be thrown at you at any time, from anyone, at any place. Here are some helpful tips for standing up for the one you love:

1. Be supportive: Before addressing any haters on your significant others' behalf, make sure you first let them know that you've got their back through this.

Related Link: [Celebrity Couple News: Kanye West Helped Kim Kardashian Fight Back During Nude Selfie Controversy](#)

2. Not too supportive: Let them handle the situation for themselves (of course with your support). Allow your partner the opportunity to stand on their own two feet and address the matter themselves.

Related Link: [Celebrity News: Madonna Sticks Up for Ex-Husband Sean Penn](#)

3. Draw boundaries: Know when and what to react to by choosing your battles wisely. It can be a constant and tiring battle trying to react to every little comment or action.

What are some ways you stand up for your significant other? Comment below!

Celebrity Couple Reunited: Demi Lovato Is Back Together with Guilherme Vasconcelos





By Justin Thomas

In [celebrity news](#), “Confident” singer Demi Lovato is igniting the New Year with an old flame. After the 24-year-old pop star called it quits with UFC Middleweight Champion [Luke Rockhold](#), she revisited her relationship with MMA fighter Guilherme “Bomba” Vasconcelos. According to [UsMagazine.com](#), [celebrity couple](#) Vasconcelos and Lovato initially got together back in July, but after Lovato’s date with Rockhold, the hookup was cut short. At some point Lovato and Rockhold threw in the towel making way for Vasconcelos to swoop back in before the New Year. Vasconcelos shared a pic on Instagram showing the pair celebrating New Year’s Eve together. Lovato hasn’t made reference to her new(ish) relationship, but if things are heating up like they appear to be, he’ll make a charismatic debut on her social media in no time. To further complicate things, Lovato ended a six-year relationship with [Wilmer Valderrama](#) last June, but it looks like she’s enjoying playing the field.

This duo is a celebrity couple once more! What are some things to consider before starting to date an ex again?

Cupid's Advice:

Dating an ex could make for quite the sticky situation if you're not careful. Here's some advice on how to make dating an ex a smoother transition:

1. Fools rush in: Really think about this decision. Think long and hard. Don't feel pressured to fall back into old ways without analyzing your feelings.

Related Link: [Is Dating Your Ex Off Limits?](#)

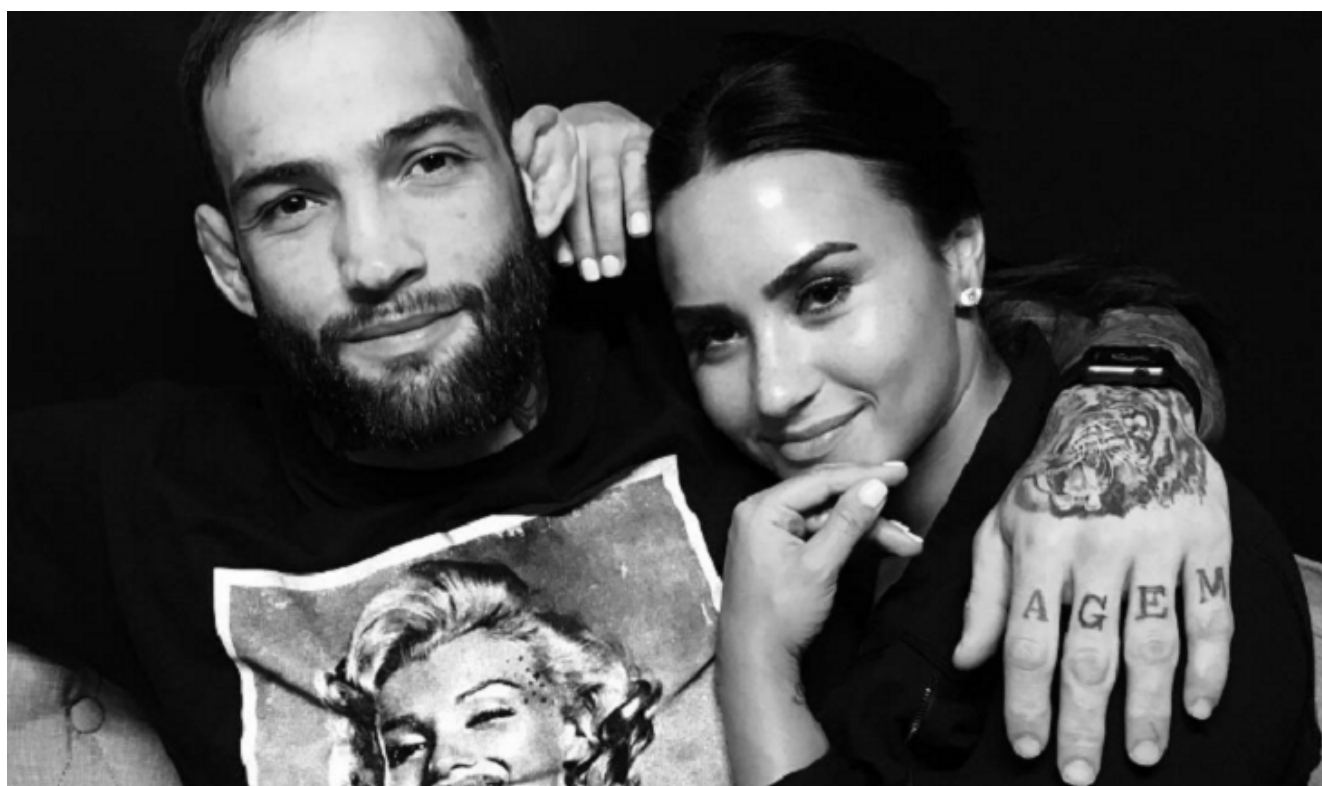
2. Starting over: This is a lot easier said than done. But if you're going to start a new relationship with an old partner, you should treat the relationship like new. You can't immediately pick up where you left off with old grudges and hurt feelings. With that said...

Related Link: [Celebrity News: Jonah Hill Is Spotted Making Out with Ex-Girlfriend in Los Angeles](#)

3. They're an ex for a reason: Address the issues you had in the past, and think about the idea of why you two initially broke up in the first place. If those problems are still alive between you two, chances are they'll have the same inevitable effect.

What are your thoughts on dating an ex? Share your thoughts below!

January Jones Opens Up About Being a Single Celebrity Mom



By Justin Thomas

In a recent [celebrity news](#) from [Red Magazine](#), *Mad Men* actress and proud [single celebrity](#) January Jones opened up about the only (little) man she needs in her life. That, of course, being her 5-year-old son, Xander. She has never revealed the identity of Xander's father to the public, saying that that information is strictly the business of her son. Jones, 38, said something a lot of modern day single moms might need to hear: "It's good to have strong women around a man. To teach him to respect women. He doesn't have a male person in his

life saying 'don't cry' or 'you throw like a girl.' All those s—ty things dads accidentally do.” She went on to say, “I just don't feel I need a partner. Do I want one? Maybe. But I don't feel unhappy or lonely,”.

This single celebrity is totally fine being alone! What are some ways to embrace your single lifestyle?

Cupid's Advice:

It can sometimes be hard to walk in a single person's shoes but it doesn't always have to be. Here are some tips to help make the stride a little easier:

1. Single doesn't mean alone: Keep family and friends close to you heart. Make sure you make and spend time with loved ones. Don't underestimate the value of family and friendship and all of the love and support they offer. We all get by with a little help from our friends.

Related Links: [Think You Need a Man at Your Side? Think Again!](#)

2. Enjoy your own company: Learning to enjoy your own company isn't just important for single people; it's essential for everyone. From the social media crazed world we live in today to the office to the local mall, we're surrounded by people from every angle. Getting that alone time can help you not only rejuvenate, but also to learn a lot about yourself. Maxwell Maltz said it best: “If you make friends with yourself, you will never be alone.”

Related Links: [Single Celebrity Susan Sarandon 'Trying to Figure Out' the Single Life](#)

3. Stay positive: Whether you're single and looking, not looking, open or not open to a relationship, it's still important to keep a positive attitude about life. No one likes a cynic. Remember there's so much in life to appreciate aside from relationships.

What are your thoughts on being satisfied and single? Share your opinion below!

Secret Celebrity Wedding? Rumors Circulate That Adele & Simon Konecki Are Married





By [Mallory McDonald](#)

In recent [celebrity news](#), a secret [celebrity wedding](#) rumor is sparking everyone's attention! After [celebrity couple](#) Adele and Simon Konecki were spotted in Los Angeles wearing wedding bands, everyone started wondering if the two had secretly eloped. [UsMagazine.com](#) learned that when asked about rumors that the couple had secretly married over Christmas, "Adele's rep declined to comment." During the "Hello" singer's final sold-out show of her North American tour in Phoenix this past November, she announced to the crowd that she's "off to have a baby." "Give it up for me – I did it!" she added while celebrating the end of her tour. "I'll see you on the other side. In a couple years, I'll be back [to the States]. You won't be able to get rid of me."

If this celebrity wedding happened, it was done in secret. What are

some benefits to a secret wedding?

Cupid's Advice:

Planning a wedding is an exciting time for everyone, but the pressures can be overwhelming and sometimes being in the spotlight can add more stress. These are some ways a secret wedding can be more beneficial:

1. In the public eye: If you are constantly in the public eye, and you want your wedding to be the one thing that is intimate and private, a secret wedding is a perfect option.

Related Link: [Celebrity Baby News: Adele Presents Mini Oscar to Her 'Best Son'](#)

2. Stress factors: If planning a wedding becomes too stressful and is causing more harm than good, a secret wedding could be a good way to eliminate some of the stress.

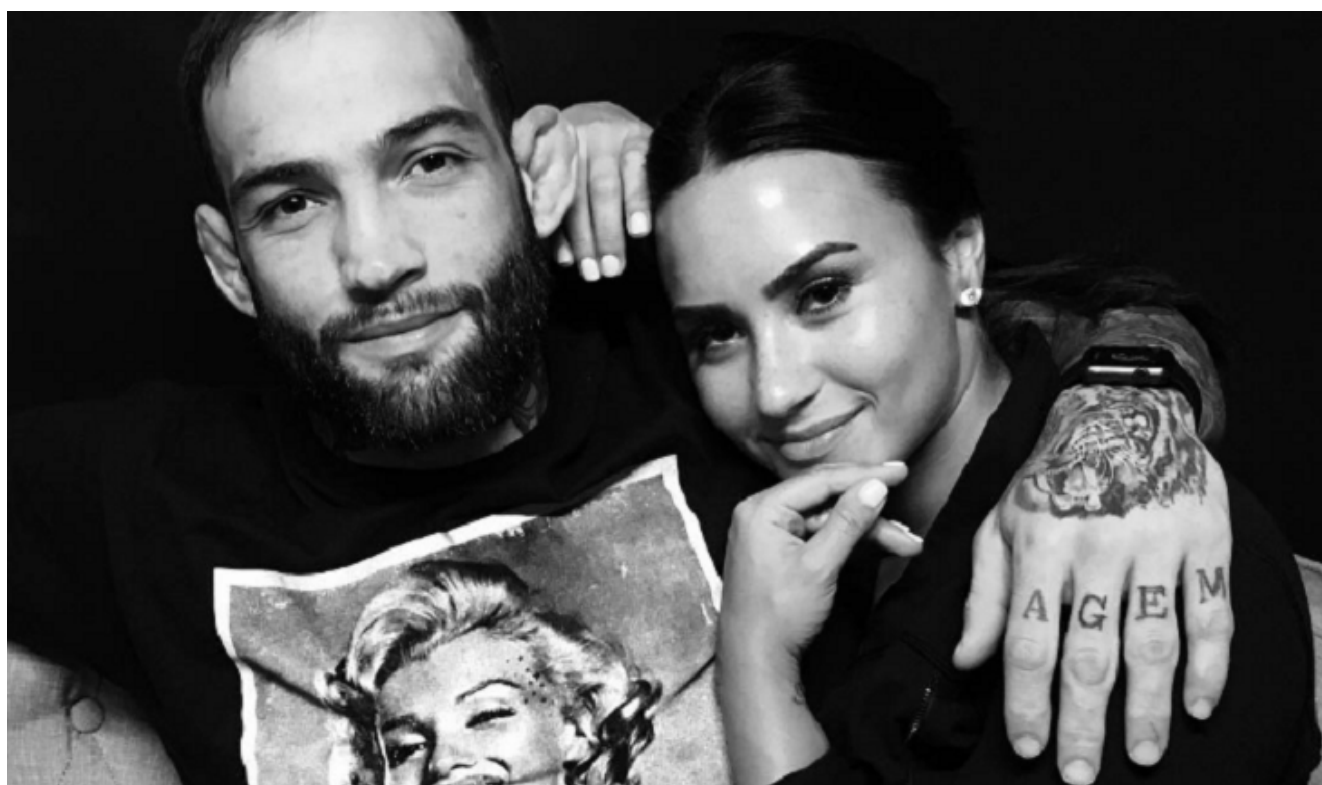
Related Link: [Adele and Boyfriend Flaunt PDA at Lady Gaga Concert](#)

3. Intimacy: Having a secret wedding can be the perfect way to keep the ceremony and your wedding day the most intimate between you and your partner.

Why did you choose to have a secret wedding? Comment below!

Celebrity News: Blake Shelton

Spends Christmas Eve With Girlfriend Gwen Stefani & Her Kids



By [Cortney Moore](#)

In exciting holiday-related [celebrity news](#), country singer [Blake Shelton](#) spent Christmas Eve with his girlfriend [Gwen Stefani](#) and her three children, Kingston, Zuma and Apollo Rosedale got. This is a serious move for the celebrity couple who has been together for over a year now. According to [EOnline.com](#), the platinum blonde songstress and her sons were treated to a private show by Shelton! Based on Stefani's *Snapchat* stories, the 40-year-old country heartthrob played guitar while accompanied by an accordion and a backing guitar. And it appears that Shelton's music was a hit since it got all three kids to dance around the living room! The festivities

didn't end there, however. According to *E!*, the couple also enjoyed a family meal together alongside Stefani's father and siblings. This will surely be a Christmas Eve to remember for the [celebrity couple](#)!

In celebrity news, it looks like things are getting serious for this famous couple! What are some ways to know whether it's the right time to bring your partner home for the holidays?

Cupid's Advice:

It's that time of year again! The holidays are in full force, and with that comes holiday outings. Your family will most likely expect to see you this year, but you also want to spend time with the person you love. An easy solution to this predicament is to invite your partner to your home, however, keep in mind that this should be done with care. Let Cupid help you figure out if it's the right time bring your loved one home for the holidays:

1. Consider the timing: Before you invite your loved one to your house for the holidays, you need to think of how long you've been together. Will your family appreciate this new addition to their gathering? Also make sure you've given your partner enough notice so they can figure out their plans, you could be pulling them away from their family's festivities.

Related Link: [Celebrity Couple Blake Shelton & Gwen Stefani Pack on PDA During Concert](#)

2. Let your family know: Surprises are nice and all, but most people don't enjoy having surprise visitors at their doorstep.

Be considerate and let your family know you want to invite your loved one well before the holidays. Especially if you're not the head of the household. You want everyone to feel as comfortable as possible.

Related Link: [How Gwen Stefani & Blake Shelton 'Rescued Each Other' Post-Celebrity Divorces](#)

3. Introduce your siblings first: If your new beau hasn't met your parents yet, or anybody else important to your life-introducing them to a mutual party can be very helpful. Siblings are a great option since you can often get them to align themselves with you before the big meeting with your parents. This is a nice way to ensure a smooth holiday gathering.

Have you ever invited your partner to your family's holiday events? What was it like? Share your stories below!

Celebrity Couple Predictions: Ariel Winter, Bradley Cooper and David Foster





By [Shoshi](#)

In the latest celebrity news, three famous couples have caught the public's attention. One of which is new celebrity couple is stepping out in young Hollywood, while a more seasoned couple is prepping for a celebrity baby, and another is just getting things started. . But who's stepping out this time around hand in hand? Join me as I look into the crystal ball of relationships and love. Below, I share my predictions for these [celebrity couples](#).

Celebrity Couple Predictions: Celebrity Relationships That May or May Not Last

Ariel Winter and Levi Meaden: Looks like there's a hot young couple alert, because Ariel Winter and Levi Meaden have stepped out on the red carpet together making their celebrity relationship official after months of speculation. Winter is very smitten with Meadan, though it's not hard to blame her.

He's cute, tall, and he's quite charming. She's a great catch as well. Both of them want to experience a fun, yet respectful relationship. Winter has no time for childish men. Being wise beyond her years makes it a bit difficult for her to find man that she connects with. That's where Meaden comes in. He has no problem with a smart woman whose fiery so they are a good match. Fun is the theme of this celebrity couple and they may even learn a thing or two about love. After Meaden, Winter will end up dating an older man.

Related Link: [New Celebrity Couple Ariel Winter & Boyfriend Levi Meaden Make Red Carpet Debut](#)

Bradley Cooper and Irina Shayk: With a baby on the way and rumors swirling, Cooper and Shayk have everyone wondering if they are engaged. Shayk has a new mystery ring on her finger. But since she hasn't had the baby yet, it's safe to say that it's probably not a push gift. My psychic senses say that they plan to have a secret celebrity wedding to seal the deal. Cooper is all about family and he thinks it's time for him to settle down now that a baby is on the way. He wants to give married life a try since he's seen it work for other longtime Hollywood bachelors. Babies bring about happiness and emotions so it's a wonderful time for Cooper and Shayk. While I would love to say it will be all unicorns and rainbows for these two, that's not the case. They are a bit like a roller coaster. There's a lot of up and down. Right now things are up due to the excitement of the baby. There needs to be a discussion about that each one of them wants in a marriage or they will last about three years tops.

Related Link: [Celebrity Baby: Bradley Cooper Is Spotted on a Run Post Girlfriend's Pregnancy Reveal](#)

David Foster and Christie Brinkley: Looks like David Foster and Christie Brinkley are spending some quality time together. Actually it's more like there's been one date or two. However with celebrities, one date could mean an engagement in two

months. It's safe to say that Foster has a thing for models since some of his ex-wives were models or beauty queens. While Brinkley seems to like a man with some musical talent since her longest marriage was to singer Billy Joel. This isn't Foster or Brinkley's first time at the rodeo, both of them have a lot of relationships under their belt. If they get married it will be the fifth wedding between each. Maybe the fifth time's the charm? Hold up on the celebrity wedding invitations. This relationship is simply two good looking, age-appropriate people enjoying each other. Marriage does not look like it's in the cards. That is not to say that this romance won't last. It's always nice to have a "maintenance person" on speed dial when one is looking for love. I predict that we won't ever know all the details of their romance, they will keep us guessing.

Related Link: [Yolanda Foster Files for Celebrity Divorce from David Foster](#)

For more information on Shoshi click [here](#).

What celebrity couples do you want to see predictions for next? Tell us in the comments below!

Celebrity News: Source Says Prince Harry Is 'More Serious' About Meghan Markle 'Than He Ever Has Been'

Before



By [Cortney Moore](#)

Prince Harry has made [celebrity news](#) many times for his past relationships, and his recent dates with American actress Meghan Markle are no exception. According to a source from [EOnline.com](#), the 32-year-old Prince is head over heels for the Los Angeles native. "Harry is more serious [about Meghan] than he ever has been about a woman before," the insider said. "It wouldn't surprise me if he's already thinking about engagement." However, the source made sure to acknowledge that even though the Prince may be thinking of a future with Markle, their [celebrity relationship](#) hasn't reached that level yet. This news comes only days after the pair's date in London. Let's cross our fingers for another royal wedding!

In celebrity news, it looks like things are heating up with this royal relationship! What are some ways to know your new relationship is more serious than previous ones?

Cupid's Advice:

Relationships come and go, but at some point you'll find yourself in one that just feels different from the rest. Let Cupid be your guide on figuring out whether or not your relationship is becoming serious:

1. Prioritize each other: Taking time out of your busy schedules is a sign that your relationship is moving up a level. Putting in that extra effort to see each other is a way that you both show you truly care. It's a non-verbal way of saying who comes first in your lives.

Related Link: [New Celebrity Couple Prince Harry & Meghan Markle Photographed Together on London Date](#)

2. Take trips together: Planning vacations or road trips is another sign that your relationship is getting serious. It shows that you're both committed and comfortable enough to spend extended time together. That's something you don't do with just anybody!

Related Link: [Celebrity News: Meghan Markle Rocks Personalized Necklace for Prince Harry](#)

3. Meet the family: And of course the obvious and age-old sign that your relationship has become serious is when you meet the parents. Bonus points if you've also met siblings or extended family members. Spending time with your loved one and their family shows that they trust you.

When did you realize your relationship had become serious?
Share your stories below!

Celebrity News: Kim Kardashian Emerges for First Time After Kanye West's Breakdown



By Justin Thomas

It's been a drama-filled past few months for [Kim Kardashian West](#) and her [celebrity couple](#) counterpart, husband [Kanye West](#).

From Kanye's hospitalization just a few weeks ago to the robbery situation in Paris with Kim, there's definitely a lot on their plates. According to [UsMagazine.com](https://www.usmagazine.com/celebrity-news/) [celebrity news](#), Kim is still finding a way to indulge in some holiday spirit by attending close family friend Shelli Azoff's glamorous holiday party in Los Angeles at the Forum on December 14. Kim has been elusive since the robbery back in October, and after Kanye's breakdown has not been photographed out at all until the star-spangled party last week. Interior designer and friend Margaret Weitzman took to Instagram to share the selfies she took with Kim and with "momager" [Kris Jenner](#) who also attended the party. It's great to see that Kim is feeling good enough as to be out and celebrating the holidays.

This celebrity news has us breathing a sigh of relief. What are some ways to cope when your partner is going through a rough time?

Cupid's Advice:

Watching your partner go through hard or uncomfortable times is undoubtedly stressful on both parties. Here's some [relationship advice](#) to help get through these situations effectively:

1. Support: Make sure your partner knows you're there for them in whatever capacity necessary. Support doesn't always require a direct action; sometimes it means just being there and making yourself available to help lighten the burden.

Related Link: [Celebrity News: Kanye West Opens Up About Kim's Nude Selfies](#)

2. Communicate: Make sure to communicate, not just with each other, but if required, seek the opinion or advice of a professional. However, communication between you and your partner is essential in developing a mutual understanding of feelings and perspectives to make assessments for the future.

Related Link: [Celebrity News: Rob Kardashian Deletes Instagram Photos & Blac Chyna Hints at Break-Up](#)

3. Teamwork: Whether you both are going through difficult times or it's just your partner experiencing them, it's important to get through the situation in a collaborative way. It's also imperative to realize that if something affects your partner, it will affect you, too. Knowing that will ultimately bring you closer together as a unit.

How do you feel when your partner is going through trying times? Share your thoughts below.

New Celebrity Couple? Kendall Jenner & A\$AP Rocky Step Out for Dinner After 'Flirty' Outing





By [Cortney Moore](#)

Well, it looks like [Kendall Jenner](#) and A\$AP Rocky are an item again! The 21-year-old model and the “Purple Swag” rapper made [celebrity news](#) on December 11 when they were spotted leaving Nobu Malibu together. The pair left the restaurant in Jenner’s Ferrari, which definitely makes it look like they’re dating again. Jenner and Rocky were previously a [celebrity couple](#) in the summer, but went their separate ways after the 28-year-old rapper was seen with his ex-girlfriend Chanel Iman, according to reports from various celebrity news sites. Despite this, Jenner and Rocky have made it a point to spend time together in Paris, Miami and Los Angeles. According to a source from [People.com](#), “They enjoy low-key dates like quiet dinners where they won’t be bothered.”

There may be a new celebrity couple in the Kardashian clan! What are

some ways to take first steps with a crush?

Cupid's Advice:

At some point in time, you'll end up thinking of someone you know more often than you used to. Eventually you'll realize that your frequent musings are more than the friendly kind. When you discover you've developed a crush, it can be intimidating to move forward with a relationship. For this reason, let Cupid be your guide on getting your crush to notice you:

1. Be a detective: Before you declare your newfound infatuation, it might be best if you do some investigating. Ask mutual friends if your crush has mentioned you, or look closely at your interactions with your crush. You might be able to find out if they feel the same way by snooping around a bit.

Related Link: [Celebrity Couple Predictions: Kendall Jenner, Nicki Minaj and Minka Kelly](#)

2. Make it known: If you think your crush likes you back, then make a move. Your crush might not even realize you're attracted to them, so either tell your crush outright how you feel or make really obvious hints. Don't miss out on an opportunity to turn your relationship into something more just because you're afraid of rejection.

Related Link: [Cutest Celebrity Couples in Young Hollywood](#)

3. Get together: This can either be in the form of a date or a regular hang out. If you want your crush to see you as more than a friend, then you need to spend time with them. Free up your schedule and make plans to be together. After being around each other so much, your crush may consider entering a

more romantic setting.

Ever had a crush? How did you take first steps with them?
Share your stories below!

Celebrity Couple News: 'Bachelor' Alums Becca Tilley & Robert Graham Are Getting Serious



By Justin Thomas

After endless social media surmising, there's a new [celebrity couple](#) trending. In [celebrity news](#), *The Bachelor's* Becca Tilley has finally set the record straight about her relationship with fellow *Bachelor* Nation star, Robert Graham. Tilley confessed to [UsMagazine.com](#), saying, "I am dating Robert" at the 2016 *iHEARTRADIO* Jingle Ball on Friday, December 2. She continued, saying, "It's fun. We've been friends for a long time and it was just a natural progression, and he's just amazing and been patient with me.... I need someone that's patient and willing to deal with me, and he's been that way. So it's been fun, it's been an easy transition." Rumors ignited when affectionate photos of the now couple surfaced on Tilley's Instagram featuring some suggestively cute captions. But things really began to heat up when she posted a shirtless photo of Graham as her "Man Crush Monday." The couple seems to be on the up and up as Tilley went on to mention she's introduced him to her family. She said, "He met all of my family Sunday night, except for my brother. Everyone loved him."

This celebrity couple news was a long time coming. How do you know when you're ready to introduce your partner to your family?

Cupid's Advice:

Timing is everything when it comes to introducing your partner to your family. Cupid has some tips:

1. Make sure you're exclusive: The bottom line is that you want to make sure your relationship is serious before you introduce your family and friends. That means all the "you's" and "me's" have turned to "us" already. Don't put your family through the process meeting, getting know, and potentially

liking someone you know almost for certain won't be around for much longer.

Related Link: [5 Tips for Meeting Your Partner's Family Stress-Free](#)

2. Don't rock the boat: Meeting someone's family is a substantial jump in a relationship and when appropriate could make your relationship much stronger. But it's not necessarily a right of passage. Evaluate your partner's relationship with their family, and don't pressure them if they don't feel like it's the right time to introduce you. However, don't be naive. Three months is very different than three years when it comes to meeting the family.

Related Link: [What to Wear to Meet His Family](#)

3. Be realistic in your expectations: Everyone's family dynamic is unique, so try to think less romantic comedy and more "Hi, nice to meet you." As palm-sweating as it is, first impressions are more important than you might think, but only in the context for setting the tone for family interactions down the line. People often latch on to the first perspective they're offered, so the first impression you make might be the impression you keep.

How important is meeting your partner's family to you? Share your thoughts below!

Celebrity News: Mariah Carey Gets Close with New Love

Bryan Tanaka on Stage at NYC Tour Stop



By Justin Thomas

It looks like Mariah Carey is over her heartbreak and onto a new love. In [celebrity news](#), after what seemed to be an abrupt [celebrity break-up](#) with her billionaire fiancé, Australian businessman James Packer back in October, Carey has already involved herself with a new beau. According to [People.com](#), Carey's romance with her 33-year-old back up dancer Bryan Tanaka hit the ground running behind the scenes and on stage. Recently, during her performances of "All I Want for Christmas is You," "Fantasy" performer and dancer got intimate on stage holding hands and locking eyes during her performance. From Tanaka's noteworthy appearances on Carey's new docu-series *Mariah's World* (which premiered Sunday night

on E!) where one of her team members revealed Tanaka's long time attraction to Carey to their Hawaii beach photo op, it's safe to say Tanaka has the diamond studded diva feeling some emotions. Here's to our new [celebrity couple](#)!

This celebrity news shows Mariah is officially moving on. How do you know when you're ready to move on from a past relationship?

Cupid's Advice:

Dating someone new can be very exciting, but if you're not careful with your timing, that excitement can come to a screeching halt if things turn sour. So, it's important to let things fully or at least semi-develop before you make things exclusive. There are a lot of factors and people to consider when deciding to go public with your significant other. Here are some tips:

1. Rally the troops: The holidays are the perfect time for introducing that special someone to your friends and family, but make sure that someone is really special. In other words, bringing the date you met for the first time Saturday night to your parents' Christmas dinner might not be the most noble choice in timing. Make sure your new love has the same expectations as you do in regards to meeting loved ones and going public before you make any moves or post that cute "usie". Remember: it's a process.

Related Link: [Nick Cannon Opens Up About Split From Mariah Carey](#)

2. Take your time; you've got plenty of it: Developing a rapport is one of the most necessary parts to a new relationship. Learning how to (or if you can) keep effective

communication going is very telling of where your relationship is headed. Read the fine print. Look for significant signals and red flags along the way, because there's no smoke without fire.

Related Link: [Mariah Carey Reunites with Celebrity Ex-Husband Nick Cannon for Easter with Twins](#)

3. Let the excitement die down: New love shouldn't be conceptually strict, but when it comes to matters of the heart it's important not to be too capricious. Allow time to acclimate to each other as individuals once the honeymoon phase is over with. Once you feel solid in your relationship open up as you feel necessary. You don't have to shout it from the rooftops (unless you feel compelled to) but don't hide your new partner either. There's a fine line between discretion and secrecy.

What are some other things to consider before going public with your relationship? Share your thoughts below.

Celebrity Couple Alec & Hilaria Baldwin Open Up About Raising Their Kids





By Kayla Garritano

Some serious parenting skills! In the [latest celebrity news](#), Alec and Hilaria Baldwin open up about how they met, upcoming projects and raising their three children, who are all featured on HOLA! USA. According to [EOnline.com](#), Hilaria reveals that teaching her three-year old daughter her native language, Spanish, is crucial and she's already speaking two languages at home. Their daughter also switches to speaking English with Alec. "Alec's Spanish is getting better and better. His accent is very good," she said. Hilaria also opens up about how the [celebrity couple](#) met, saying they met because of yoga. The yoga instructor, who was born in Majorca, Spain, has made Alec brush up on his Spanish among other things. "My Spanish can only get better. It can only improve...maybe by the time I'm 90, I will nail it," he joked. "I love Madrid. I think it's one of my favorite cities in the world."

This celebrity couple is opening up

about parenthood. How do you know your partner is cut out to be a parent?

Cupid's Advice:

Knowing how to be a parent doesn't come naturally. You're going to learn new things and make mistakes, but that's part of being a parent. Cupid has some [parenting advice](#) to make sure you and your partner are ready:

1. Stable relationship and stable mind: If your relationship is strong, and your partner shows that they are mature, strong and well-minded, then it's a sign they can be a parent. You don't want to bring a baby into the world if your relationship is on the rocks. You also want to make sure your partner can handle the tough times, like not sleeping or changing that stinky diaper.

Related Link: [Expert Relationship Advice: Three Questions Crucial to Co-Parenting Success](#)

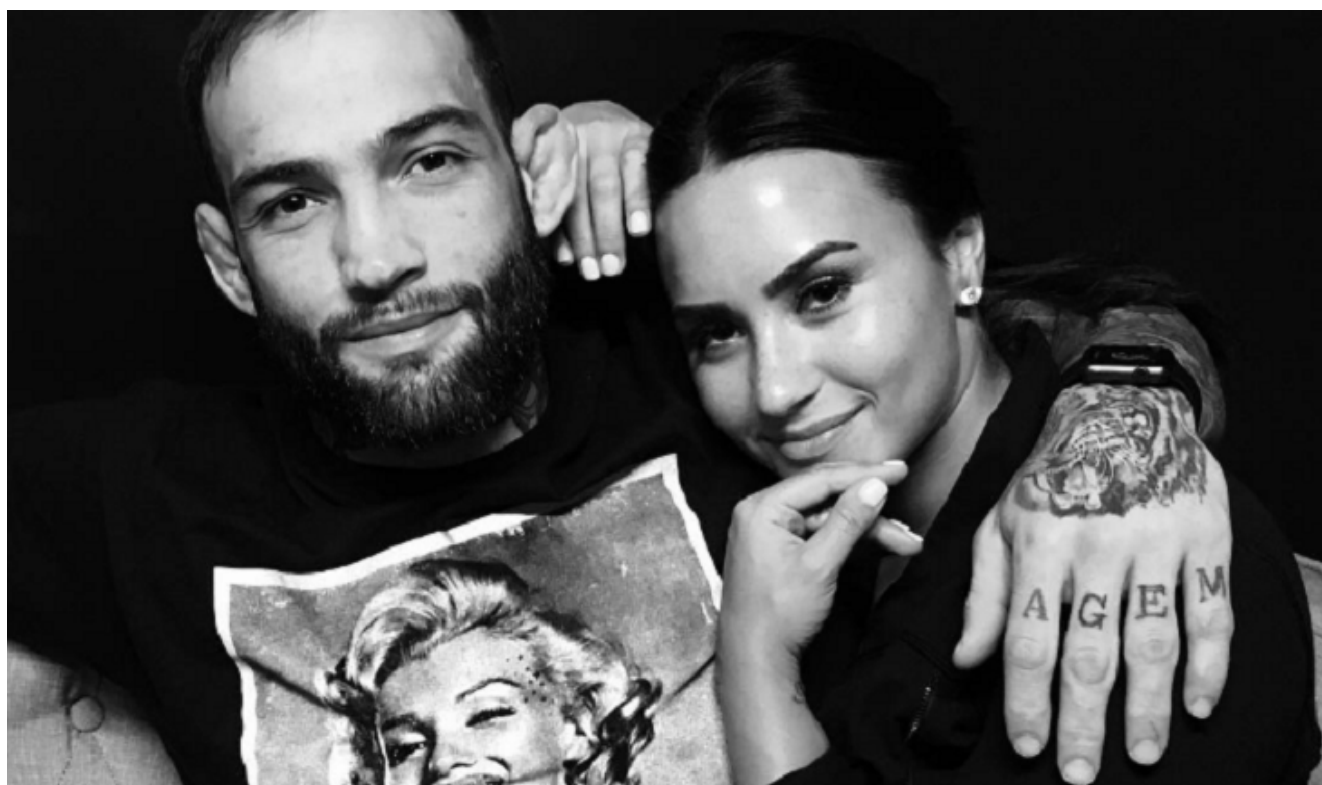
2. They talk to you: Being a parent means communicating your needs and wants, as well as what you're thinking. If they can handle a discussion about having a baby, and can see a future where they're holding a baby in their arms and taking care of their little one, then that's another sign they are ready to take parenting on.

Related Link: [Celebrity Baby News: Mila Kunis & Ashton Kutcher Welcome a Baby Boy](#)

3. Financial cost: Are you and your partner able to provide for a future family? A baby can cost a lot, from diapers to formula to clothes, they will have money flying out of your wallet. Make sure they are ready to handle the cost of a baby.

How did you make sure your partner was ready for parenthood?
Comment below!

Celebrity News: Meghan Markle Rocks Personalized Necklace for Prince Harry



By Kayla Garritano

How charming! Meghan Markle was spotted wearing a necklace with the letters M and H on it. According to [UsMagazine.com](https://www.usmagazine.com), the [celebrity couple](#) has yet to step out

together, but it doesn't mean their love is a secret. Markle was spotted shopping in Toronto on Saturday, December 3, wearing her Maya Brenner Asymmetrical Letter & Charm Necklace. This shinning piece of jewelry is available in white, yellow or rose gold starting at \$240, with each letter beyond the first being an additional \$60. However, she isn't the only one smitten. Though he was set to return home from his tour of the Caribbean Sunday, December 4, Prince Harry flew to Toronto to visit Markle, squeezing in a quick trip before he was expected back in London on Wednesday, December 7.

Things are heating up in this [celebrity news](#)! What are some ways to show you care about your partner when he/she is not there?

Cupid's Advice:

It's tough when you can't see your partner every day. However, it doesn't mean your love should go unnoticed. Cupid has some [relationship advice](#) for when you want to show your appreciation, even when they're not there:

1. Put your initials somewhere: Like Markle, your partner can be wrapped around your neck with their initials. It can be any piece of jewelry, their name on a t-shirt, or if you really want to, a tattoo. Just two letters can mean a lot, especially if there's a personal, emotional connection with them. Always have their initials close to your heart with a personal touch.

Related Link: [Celebrity News: Johnny McDaid Gets Courteney Cox's Initials Tattooed on His Wrist](#)

2. Pictures: A picture is worth a thousand words. Whether it's a framed picture on your desk at work, or one you keep in your wallet, keep a picture of your partner for a happy reminder

that they are with you wherever you go, even if you're not physically together.

Related Link: [10 Ways to Make a Long Distance Love Work](#)

3. One call away: A call just to see how your partner's day went can mean a lot, especially if they can't wait to vent to you or share some exciting news. Talking on the phone shows you care about your partner and want to hear what they have to say. Plus, you get to hear their voice, which is very helpful if you can't see them.

How have you shown you care about your partner without them being there? Comment below!

Celebrity News: Find Out Why Sandra Bullock & Bryan Randall Aren't Getting Engaged Anytime Soon





By [Mallory McDonald](#)

In recent [celebrity news](#), one of Hollywood's favorite [celebrity couples](#), Sandra Bullock and Bryan Randall shared with [EOnline.com](#) they are more than content just where their relationship is. The two have been together for a year and a half now and are balancing both of their demanding schedules. "They have been really busy but always make time to see each other," an insider shared. "They are very content with how things are going in their relationship. They enjoy the simple and quiet times together," the source adds, noting that they've taken a big step in their relationship. "Bryan and Sandra live together, and he helps with Sandra's kids like they are his own."

This celebrity news has us realizing engagement and marriage isn't for everyone. What are some

signs it's not the right time to get engaged?

Cupid's Advice:

Sometimes a relationship is going perfectly just where it is at, and taking the next step may not be the right decision. Use these tips to help make that difficult decision:

1. Content: If neither you or your partner are discussing or itchy to get engaged don't. It can be a clear sign that you both are enjoying the stage your relationship is at.

Related Link: [Celebrity Couple Sandra Bullock and Bryan Randall Share Cozy Moment in New Photo](#)

2. Cold feet: If the thought of getting engaged brings either you and your partner any anxiety or stress just realize that your relationship is still in the growing stages and it isn't the right time.

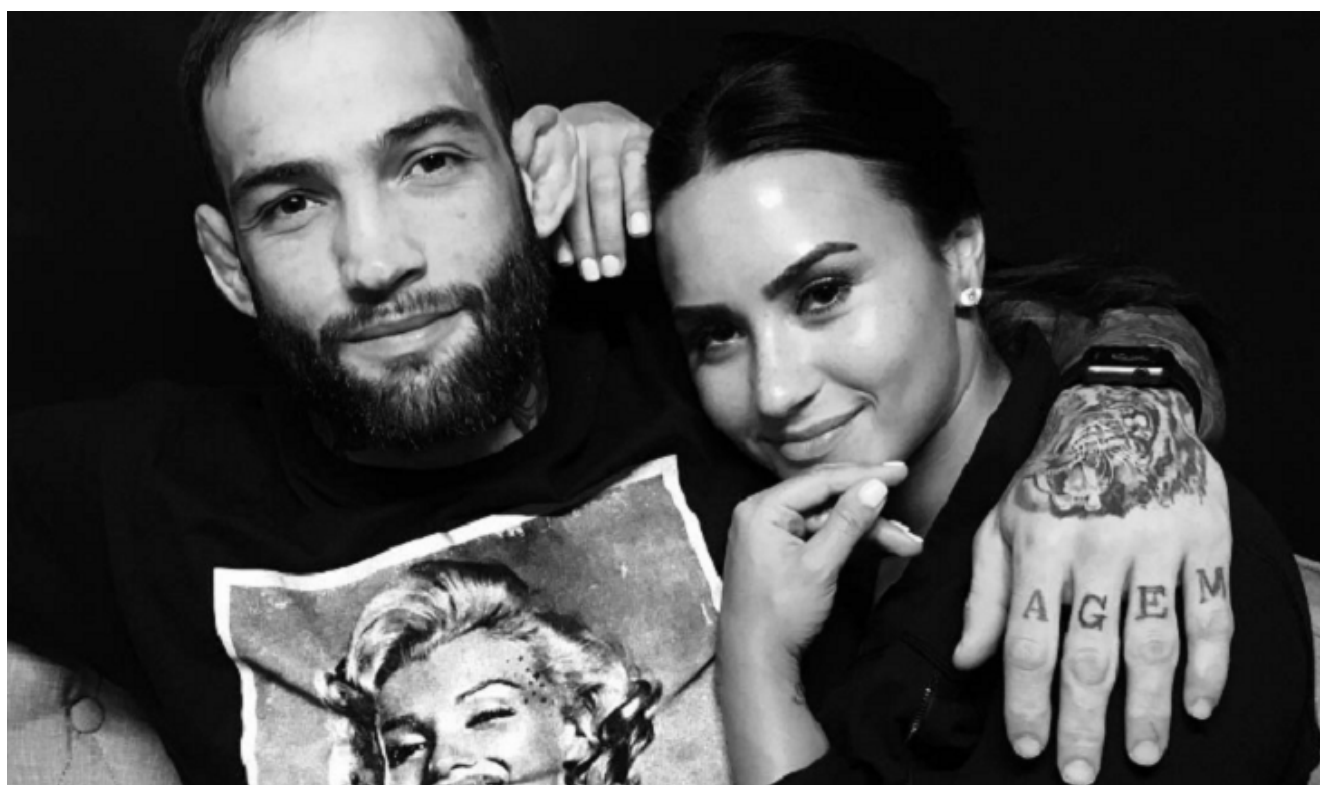
Related Link: [Celebrity News: Sandra Bullock Leaves Spa Looking Radiant and Happy](#)

3. Financial obligations: Engagements and weddings can be an expensive undertaking if you both are content with your relationship and aren't financial prepared don't rush it.

How did you know it wasn't the right time to get engaged?

Celebrity Baby: Bradley

Cooper Is Spotted on a Run Post Girlfriend's Pregnancy Reveal



By Kayla Garritano

Running to prepare! [Bradley Cooper](#) went for a jog with his trainer just two days after the big [celebrity news](#) that his girlfriend, Irina Shayk, is pregnant with their first child. According to [UsMagazine.com](#), Cooper was spotted in a long-sleeve navy Georgetown Nike shirt, gray basketball shorts, and black sneakers. He was running with trainer Jason Walsh, who recently split from girlfriend Hilary Duff. He appeared to be in good spirits during the cardio session, given this was his first time being seen since the [celebrity baby](#) reveal. Shayk showed off her small baby bump at the 2016 Victoria's

Secret Fashion Show in Paris on Wednesday, November 30, as she walked the runway in a maroon lace bra and kept her stomach semi-covered in a fringed long-sleeve top.

Bradley Cooper isn't hiding after his celebrity baby-to-be reveal! What are some ways to cope with pregnancy news getting released before you're ready?

Cupid's Advice:

When to announce your pregnancy can be a big deal, because you want to do it when you and your partner are ready. Sometimes, the announcement doesn't always go as planned. Don't worry, Cupid is here to help you get through those unexpected announcements:

1. Work out: One of the best ways to blow off steam or stress is to work it out. Sweating it out will help clear your mind and relax for a bit. You'll be able to come back to your partner with a clear head about the announcement coming out a little too earlier than planned. You two can work out what the next step will be with a clearer, more focused mind.

Related Link: [Relationship Advice: 5 Basic Workouts to Do With Your Partner](#)

2. Keep details out: If the news slips out a little earlier than planned, don't feel obligated to spill everything you know. Keep the due date, gender, and any other personal information to yourselves. There's still some secrecy, and you will tell everyone when you are ready. You shouldn't have to worry about anything else. Just make sure your baby is healthy.

Related Link: [Celebrity Couple Bradley Cooper & Irina Shayk Have Discussed Marriage](#)

3. Go with the flow: Just because your pregnancy announcement got revealed a little earlier than you were ready for, it doesn't mean it's the end of the world. You move on from the announcement and just prepare for a great future. Nothing else matters but what you're planning for your child and how you will prepare for when the baby comes.

How did you deal with pregnancy news slipping out before you were ready? Let us know in the comments!