

# Parenting Advice: How to Help Kids Learn to Express Gratitude



By [Emily Green](#)

With Thanksgiving coming up, it is important that we all remember to express our thanks to others not only this time of year, but year round. As a parent, it is important to teach kids from an early age to express thanks to those they interact with. Check out some of these [parenting tips](#) to helping kids to learn to express gratitude year round:

# Having your kids learn how to express gratitude is an important aspect of growing up! Here is some [parenting advice](#) on how to help your kids learn to express gratitude on more than just Thanksgiving Day:

Gratitude is a key lesson to learn, and the earlier your kids learn the better! Gratitude is the attitude that everyone should have- it helps make the world a better place! Here are some of Cupid's tips on how to teach your kids gratitude:

**1. Lead by example:** If your kids see you expressing gratitude every day, they will be sure to follow in your footsteps! By remembering yourself to express gratitude to others, even with the smallest acts of kindness, your kids will learn that gratitude is an important part of growing up.

**Related Link:** [Parenting Tips: The Benefit of Kind Words](#)

**2. Practice small acts:** Intertwining small acts of gratitude into your everyday life is a great key to having your kids learn just how important gratitude is. Whether it is remembering to send a thank you card after an event, or simply just saying thank you after someone holds the door open for you, your kids will learn to integrate these acts into their everyday lives.

**Related Link:** [Parenting Tips: Lifestyle Changes for Better Behavior](#)

**3. Take it easy:** Making the environment for learning as easy as possible is the most important key to your kids learning

gratitude. Provide them with the appropriate materials, resources and don't discourage them if they mess up. Learning takes time, and with you helping them along the way, they will express gratitude year round without any reminders.

What are some other ways parents can help kids learn to express gratitude? Let us know in the comments below!

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## Travel Tips: 6 Best Spots for Fall Foliage



By [Emily Green](#)

We are officially in the thick of the fall season, and what could be better than taking in nature and the beautiful fall foliage all around? While not every place around the globe has the best fall foliage, there are so many places where you and your friends or significant other can spend some time and check out nature and all it has to offer. Check out some of these [vacation destinations](#) that will be sure to keep you in the fall mood:

**If you're looking for great places for fall foliage, look no further! Check out these [travel tips](#) on where to find the best fall foliage this season:**

Taking a trip to see some fall foliage is the perfect weekend getaway with friends or loved ones! Whether in the mountains or in the suburbs, nothing can beat those beautiful fall colors. Check out some of Cupid's favorite spots for fall foliage:

**1. New York City:** Despite the fact that the city goes on for miles, the sky high views the city provides gives us beautiful views of the nature in the city, Long Island and the Hudson Valley. Views from the Empire State Building will give you picturesque scenes that you will want to remember for a lifetime.

**Related Link:** [Date Idea: Fall in Love with Falling Leaves](#)

**2. The Catskill Mountains:** If you're looking to hike through beautiful fall scenery, the Catskill Mountains is the place for you. With numerous trails, some leading to high cascading waterfalls, you'll be able to see amazing views of the Hudson Valley all around you, no matter where you go.



**Related Link:** [Fashion Trend: Giving the Boot to Summer – Hello Fall!](#)

**3. Albany, New York:** Upstate New York is full of beautiful scenery, many instances of which can be found in Albany. The Empire State Plaza in Albany is a perfect place to find great views of the Helderbergs and Catskills, with views from the observation deck at the 42-story Corning Tower. The views will be sure to take your breath away, and leave you wanting to come back for more!

**4. The Adirondacks:** Full of many forests with beautiful hiking trails, the Adirondacks is a wonderful place to take beautiful fall photos with your friends or significant other. Whether there for just a day or a weekend trip, there are numerous places to enjoy picturesque fall foliage you cannot find anywhere else.

**5. Bear Mountain, New York:** This state park has some of the most beautiful fall foliage that's within a close distance to the city. Driving through the park, one can find the beautiful red tipped trees that will be sure to relax you and get ready for the rest of the fall season.

**6. Planting Fields Arboretum:** If you're looking for a great day trip to see fall foliage, the Planting Fields Arboretum in Nassau County, New York is the perfect place. A 400-acre state historical park with rolling hills, amazing gardens, nature walks and much more, the Planting Fields Arboretum is a great place to get into the fall season.

**What are some other great places to find fall foliage? Let us know in the comments below!**

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# Parenting Advice: Stay Safe on the Spookiest Night of the Year



By [Emily Green](#)

Halloween is one of the holidays that kids look forward to the most each year. Who wouldn't want all that candy? As fun as the holiday can be, though, kids and adults have to remember to stay safe. You never know what spooky creatures might be out and about in the dead of night! Check out some of these [parenting tips](#) on how to make sure you and your kids come home safely on Halloween.

# Keeping your kids safe is the best parenting advice anyone can ask for! What are some tips for staying safe on the spookiest night of the year – Halloween?

As parents, all we want to do is keep kids safe! While we want them to have an unforgettable Halloween night, staying safe is also a priority. Here are some of Cupid's tips to making sure you and your kids always return home safely on Halloween night:

**1. Bring a flashlight:** It can get pretty dark when trick or treating at night, so having a flashlight will help you make sure you know where you are, where you're going, and who's around you! You can keep the little ones at arm's length, and make sure no one gets left behind!

**Related Link:** [Parenting Tips: How to Find the Best Tracking App for Your Kid](#)

**2. If you separate from your kids, have a designated meeting place:** There's always the awful chance that you and your kids could get separated at some point. If that does happen, make sure you have a designated meeting spot that is very familiar to your child. This will ease the anxiety on both ends, and it's a surefire way to make sure you find each other again.

**Related Link:** [Parenting Tips: Social Media Apps to Keep an Eye On](#)

**3. Make sure your kids know your phone number:** On the off chance that your kids get lost and can't find their way back to you, make sure they know your cell phone number! If they can't remember it, write it on a tag or necklace for them to

wear. This way if they can't call you and let you know where they are, a trusted adult will.

**4. Don't talk to strangers:** This may be an old rule, but it stands tried and true. Make sure your kids know to only talk to trusted adults – no one they aren't familiar with. If they stick with other parents they know, they'll return home safe and sound in no time.

**What are some other tips to ensure your kids return home safe on Halloween night? Let us know in the comments below!**

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## **Travel Trend: Celebrate Halloween With a Special Trip**







By [Emily Green](#)

Halloween is a time for kids to indulge in sugar cravings, and for adults to sit back and relax, while still getting into the spooky spirit. If you don't have little ones to bring trick or treating this year, or don't feel like sitting at home to hand out candy to your neighbors, why not plan a trip and celebrate Halloween in style? Whether it's with your significant other or with a group of friends, these [vacation destinations](#) will be sure to get you in the Halloween spirit.

**Going on a trip to celebrate Halloween is a great up and coming travel trend. What are some great vacation destinations for this Halloween?**

Halloween doesn't have to be a holiday where you just sit at home. You deserve to head out on the town and have some fun!

Check out some of Cupid's favorite spots to celebrate Halloween:

**1. New Orleans, Louisiana:** From numerous haunted hotels to the "Krewe of Boo" parade, New Orleans is a city that will scare your socks off! Children can play spooky games at the museums, you can rock out at the annual Halloween Spooktacular family concert, or even take a ghost tour! The possibilities are endless in this delightfully spooky town.

**Related Link:** [Date Idea: A Day with Your Pumpkin](#)

**2. Seattle, Washington:** This city has their own unique spin on Halloween – "Hilloween." This is where Capitol Hill houses an indoor carnival full of rides, games, haunted houses and so much more! Everyone will be able to find something at "Hilloween," no matter at what age.

**Related Link:** [Date Ideas: Haunted History](#)

**3. Salem, Massachusetts:** The well-known setting of the historic Salem Witch Trials, this town has spookiness embedded into their history. While helping the townspeople and tourists understand the history of the Salem Witch Trials, the town also hosts an annual Halloween festival with many kid-friendly events like trick or treating and ghost tours.

**4. Williamsburg, Virginia:** Williamsburg takes part in the spooky festivities by hosting "A Haunting on DoG Street." A variety of ghost tours take place throughout Colonial Williamsburg, highlighting the history of the town while putting a haunting twist on the tale. Ghost tours not your thing? Don't worry! Busch Gardens' Howl-O-Scream event is right down the street and is full of fun rides, zombies, ghouls and other creatures that will be sure to give you a fright!

**What are some other great vacation destinations to celebrate Halloween? Let us know in the comments below!**

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# Celebrity Workout: Take to the Soccer Field with Celebs



By [Emily Green](#)

Picture it: You're flipping channels on TV and thinking about looking for a new way to exercise, and you come across a soccer game. That's it! While soccer isn't the most popular sport, plenty of celebrities like [Justin Bieber](#) and Will Ferrell play pick up games of soccer quite frequently, just to get some exercise! Follow these [fitness tips](#) so soccer can be your next great go-to exercise.

# Soccer is a great celebrity workout that many stars love to do in their down time! What are some benefits to adding soccer into your exercise routine?

Soccer is an exercise that works out all parts of your body, even if you don't realize it. Here are some of Cupid's reasons to why you should add soccer to your exercise routine:

**1. Increases aerobic capacity:** Running for more than 90 minutes increases one's stamina. By practicing soccer everyday, one can increase their overall running stamina.

**Related Link:** [Celebrity Workout: Group Classes That'll Have You Sweating With Obsession](#)

**2. Improves cardiovascular health:** The average soccer player can run anywhere between 5 and 7 miles per game. By constantly running and sprinting in each game and practice, the player's heart rate continues to go up, making it a great example of cardiovascular exercise.

**Related Link:** [Celebrity Workout: Take Leg Day to the Next Level like Jessica Biel](#)

**3. Lowers body fat and improves muscle tone:** Soccer is the prime way to burn off any unwanted body fat. Soccer is an exercise that typically burns more calories than other exercises, so players go between both aerobic and anaerobic exercises while playing.

**4. Increases confidence and self-esteem, and helps to reduces anxiety:** Building strength and endurance while exercising can benefit people's self confidence and self esteem off the field. While exercising, endorphins are released that are



known to be major stress and anxiety reducers that will benefit one's overall mental health.

What are some other benefits to adding soccer into your exercise routine? Let us know in the comments below!

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## Beauty Trend: Smokey, Golden, and Monochrome Eyes



By [Emily Green](#)

Eyeshadow is the key part of any makeup look, and it can really tie any outfit together. As the weather gets colder,



following some [beauty tricks](#) by matching your smokey, golden or monochrome eyeshadow to your outfit is an awesome way to show off your unique fashion sense. Follow these [beauty tips](#) so your eyeshadow will be on point this fall and winter season.

## **Smokey, golden, and monochrome eyes are a beautiful look that can make a statement with your outfit. What are some of the best places to wear these types of eyeshadow looks?**

Smokey, golden, and monochrome eyeshadow looks are definitely intense, and will have heads turning when you walk on by. Of course, you have to pick certain occasions to wear these looks, as not all of them are for everyday! Here are some of Cupid's favorite occasions to wear smokey, golden, and monochrome eyeshadow looks:

**1. Smokey eyes:** A smokey eye is one of the classiest makeup looks that anyone can wear. From business meetings to banquets or high profile events, a beautiful smokey eye will make your eyes pop with a sharp gaze that no one will be able to turn away from.

**Related Link:** [Beauty Trend: Neon Eyeshadow](#)

**2. Golden eyes:** If you're looking for a glamorous eye, then a golden eye look is the way to go. Whether you're going to a fancy dinner or a red carpet event, you can keep the gold subtle or go over the top. Either way, the brightness of the gold will draw people's eyes to you, and will keep everyone's eyes on you for the entire night!

**Related Link:** [Beauty Trend: Make Your Eyes Pop](#)

**3. Monochrome eyes:** A great part of monochrome eye looks is that you can match the color with other parts of your outfit! No matter if you're going on a date night or just hanging out with your friends, a monochrome eye look is a great way to show that you're always feeling and looking great, no matter the occasion.

What are some other occasions to wear smokey, golden, and monochrome eyes? Let us know in the comments below!

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## Travel Trend: 6 Wellness Vacations You Need to Take Right Now





By Emily Green

Wellness vacations are a growing trend that is popping up all around the world. These [vacation destinations](#) tend to range from tropical, to exotic, to simply traveling to a new city. No matter the destination, these wellness vacations are sure to help improve your health, body and mind.

## Wellness vacations are a growing trend all around the world. What are six wellness vacations you should take right now?

If you've been feeling tired or run down, a wellness vacation is the perfect thing in which to indulge. A wellness vacation will help improve your overall health, no matter the issue. Here are Cupid's top six wellness vacations you should take right now:

**1. Mii amo, Sedona, Arizona:** In the beautiful mountains of

Sedona, Arizona, Mii amo is an adobe and stone sanctuary within Enchantment Resort. Whether staying for three, four, or seven nights, you can indulge yourself with learning about chakras, sound healing, and much more around the beautiful red rocks of Sedona.

**Related Link:** [Travel Trend: Micro-cations](#)

**2. Six Senses Duxton, Singapore:** Six senses is a wellness resort that has locations in almost every part of the world. The Duxon location is a 49 room hotel that is full of colonial era European, Chinese and Malay influences. This resort offers an on-staff traditional Chinese doctor, who is be available for health tips, readings, and dispensing medicinal herbs.

**Related Link:** [Travel Tips: Health Benefits of Luxury Travel](#)

**3. Carillon Miami Wellness Resort, Miami Beach:** Even though Miami is typically a spot for partying, Miami Beach is home to great wellness resorts. The Carillon Miami Wellness Resort is in a secluded spot on the North Beach where guests can choose from more than 200 weekly wellness classes, a copious amount of cardio equipment, and several pools, all attended by numerous staff members including nutritionists and acupuncturists.

**4. The American Club, Kohler, Wisconsin:** What is interesting about The American Club is that it was originally built for Kohler factory workers, but was transformed into a wellness resort in the 1980s. People who choose to stay at the resort can enjoy legendary water-inspired offerings, like the signature lavender rain therapy, which exfoliates and moisturizes the body.

**5. Amanyara, Turks & Caicos:** Surrounded by parkland on all sides, surfing, snorkeling and wildlife eco-hikes are common activities for those who stay at Amanyara. Within the resort, there are plenty of activities meant for families like facials, shiatsus, and many more spa treatments.

**6. Rosewood Phuket, Thailand:** Made up of 71 open villas and pavilions, this wellness resort is unlike any other. Guests can sign up for two-week wellness programs, from high-intensity boot camps to inner peace workshops.

**What are some other wellness vacations we should take? Let us know in the comments below!**

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## Parenting Trend: Raising Confident Daughters



By [Emily Green](#)



Raising children is never an easy feat, and in today's society raising confident daughters is more important than ever. Women are constantly looked down upon by people by men, other women, and so many more. Women need to learn that they are strong and powerful individuals that are worth so much more than society's standards today. By following these [parenting tips](#), our daughters will be sure growing up that they are beautiful souls, no matter what anyone may say.

## **Raising confident daughters is a parenting trend that we all need to hop on! What are some tips to help your daughter's self-esteem?**

Women and girls of all ages need to know that they are wonderful, beautiful people that deserve nothing but the world! Here are some of Cupid's tips to helping your daughter's self-esteem:

**1. Use positive reinforcement:** Let your daughter know when she's done well. Rather than just saying "nice job" truly acknowledge the effort she has put into her work. Even the small victories deserve celebrations!

**Related Link:** [Parenting Advice: Plan To Fail and Be Okay With It](#)

**2. Validate your daughter's thoughts and experiences:** As your daughter grows up, she is constantly learning about the world and what surrounds her. As your daughter grows, listen to her thoughts and opinions about various situations. Letting her form her own opinion will let her know she is valid in her opinions and has the right to express them.

**Related Link:** [Parenting Tips: Lifestyle Changes for Better Behavior](#)

**3. Use encouragement:** Everyone has bad days. If your daughter comes home feeling a bit down, be sure to sit down with her and talk about what's wrong. Whether it's a fight with a friend, a bad grade on a test, or maybe a problem with a crush on a friend at school, make sure you listen to your daughter and offer advice and encouragement, she will develop a sense of purpose and continue to keep on trucking no matter what happens.

**4. Set boundaries on both ends:** Respect your daughter's privacy. By giving your daughter space, you are letting her know that you trust her, and then she will trust you too. This trust will build her own trust in herself, and ultimately confidence in herself too.

**What are some other tips to raising confident daughters? Let us know in the comments below!**

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## Food Trend: Mood Foods





By [Emily Green](#)

Ever get in those moods where you want to eat only a certain type of food? Whether it's ice cream, pizza, smoothies, etc, more and more [popular restaurants](#) and companies are advertising their products to be eaten when someone wants to feel a certain type of way.

**Everyone has their go-to mood foods. It's a great food trend that everyone can make their own! What are some moods where these foods can be the perfect boost?**

Cravings can fall in directly with the type of mood we are in. Whether we are happy, sad, etc, there is a food that is perfect for the type of mood we're in. Here are some of Cupid's moods where these foods can be a great boost:

**1. Feeling happy:** Having a great day? Feeling like it's time to treat yourself? Grab some dark chocolate as a snack. Dark chocolate is a great snack full of antioxidants, but also is known to reduce stress hormones.

**Related Link:** [Food Trend: Rolled Ice Cream](#)

**2. Feeling sad:** If today hasn't been the best day, you deserve some "you" time. Sit back, relax and grab your favorite tub of ice cream. Ice cream is notoriously known to help people feel better when they're feeling down, so grab your favorite flavor and chow down!

**Related Link:** [Food Trend: Millennial Flavors to Watch](#)

**3. Feeling lonely:** When people feel lonely, many tend to actually overeat. Rather than chowing down on your favorite junk food full of calories, opt for some pretzels or pita chips and hummus. It'll fill you up quick, and will still have your body feeling healthy.

**4. Feeling tired:** Need a pick-me-up before your long day at school or work? Rather than trying coffee, opt for a drink made with matcha. Matcha will give you that energy boost to keep you awake and alert throughout your entire day.

**What are some other moods where mood foods help give you that boost you need? Let us know in the comments below!**

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## Beauty Trend: High Fashion Top-Knots



By [Emily Green](#)

Hairstyles are truly a key part of your style that can make or break your look. Many people follow different [beauty tricks](#) to make their hairstyle as fashionable as possible. Top-knots, while typically used as a “laid back” hairstyle, has been brought into the beauty world as a beautiful addition to any outfit for any occasion. Follow these [beauty tips](#) to add a top-knot into your next outfit:

**Top-knots are a high fashion hairstyle and beauty trend that will make heads turn. What are some of the best places to wear your**



# hair in a top-knot?

No matter what kind of day you're having, you should style your hair in a way that will make you feel beautiful. High fashion top-knots are a great choice that can enhance anyone's beauty, no matter the event or reason. Here are some of Cupid's favorite occasions to wear a high fashion top-knot:

**1. Fancy dinner/banquet:** An important dinner or banquet is the perfect place to bring out that outfit you've always wanted to wear but never had the chance to- and what better way to add a fun flare to your look than a top-knot? A sleek top-knot in your wardrobe will showcase your beautiful features that will have everyone turning your way.

**Related Link:** [New York Restaurants: Hidden Gems for Sushi Lovers](#)

**2. Beach day:** Time for a beach day? Time to throw the hair up in a top-knot and break out the sunscreen. Kick back, relax, and take some super cute pictures for your Instagram.

**Related Link:** [Travel Tips: Health Benefits of Luxury Travel](#)

**3. Night out:** Finally got that long awaited night out with your best friends? Plan on hitting all the best spots in town? Throw your hair up in a top-knot so you can still have heads turning when you walk in, and have fun all night without having to worry about your hair.

**4. Date night:** Time for date night with your significant other? A top-knot is a great hairstyle to pair with any date night outfit- whether its a movie, dinner, a run, etc, you won't ever have to worry about not looking like the gem you are.

**What are some other great occasions to wear a top-knot? Let us know in the comments below!**

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# Vacation Destinations: Celebrity Getaway Spots 2019



By [Emily Green](#)

Our favorite celebrities always seem to be living in the lap of luxury, taking every exotic or beautiful vacation under the sun. Scrolling through our social media accounts, we see every ounce of these [celebrity vacations](#), and can only imagine going on a similar trip. Well, what's stopping you? These [vacation destinations](#) are open to everyone and anyone. All you have to do is book your ticket!

# Celebrities seem to have the best vacations! What are some great vacations destinations that celebrities getaway to?

Whether it's your favorite Kardashian, a pro wrestler, rapper, etc, celebrities typically don't go small for their vacations. They deserve to treat themselves, and you do too! Here are some of Cupid's favorite vacations destinations celebrities getaway to:

**1. Paris, France:** Newly married couple Joe Jonas and Sophie Turner took a trip to the city of love shortly before their second wedding ceremony. The two of them shared a passionate kiss beneath the Eiffel Tower and soaked up every ounce of love the beautiful had to give before they shared their vows in a beautiful ceremony.

**Related Link:** [Celebrity Couple Joe Jonas & Sophie Turner Kiss in Paris Before Second Wedding Ceremony](#)

**2. Costa Rica:** [Kourtney Kardashian](#) and her ex [Scott Disick](#) were spotted on vacation with their kids on the beautiful beaches of Costa Rica. If you're looking for a place where you can enjoy the scenery, time with family and soak up the sun while you relax, Costa Rica is the place to be.

**Related Link:** [Celebrity Vacation: Porsha Williams Spotted on Vacation Amid Dennis McKinley Cheating Rumors](#)

**3. Lake Powell:** If you're looking for a paradise inside of the US, Lake Powell is the place to be. Located on the border of Utah and Arizona, *Queer Eye* star Bobby Berk could only describe the lake as "paradise." Simplicity and beauty at its finest, it is a definite must-see on your vacation destination list.

**4. Iceland:** Believe it or not, Iceland isn't all that icy! One of the most popular tourist spots is Iceland's Blue Lagoon, where people can sit back and relax in the crystal blue water. *Southern Charm* star Naomi Olindo recently took a trip to the Blue Lagoon and had the epitome of the picturesque vacation.

What are some other vacation destinations your favorite celebrities getaway to? Let us know in the comments below!

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## Health Tips: Celebrity Diet Suggests Supercharged Coffee



By [Emily Green](#)



It is common for people to see their favorite celebrities sharing their favorite products, diets, and much more on social media. Many people try out their favorite [celebrity diet](#) in an attempt to improve certain parts of their lives or their health overall. Actress Busy Phillips likes to include a supercharged coffee with two tablespoons of grass-fed butter or ghee, a tablespoon of Brain Octane Oil, and two scoops of collagen protein powder in her routine every morning. Phillips believes this part of her diet is an important part of boosting her metabolism and keeping her skin smooth.

## **One of Busy Phillip's health tips is to include a supercharged coffee in your morning routine. What are some healthy coffee boosters that you can use to replace sugar?**

While most people just grab their coffee and head out on the go, adding a healthy coffee booster to your morning drink can help improve your mind, body, and overall just improve your outlook on the day. Here are some of Cupid's favorite healthy coffee boosters:

**1. Cinnamon:** Adding some cinnamon into your coffee will not only leave you feeling warm and fuzzy, but fill you with antioxidants, anti-inflammatory properties, and much more. This can help keep any nasty germs away, and keep you feeling strong and healthy to take on the day!

**Related Link:** [Fitness Tips: 7 Ways to Speed Up Weight Loss](#)

**2. Cocoa Powder:** Are you a big chocolate fan? Looking for a way to add that chocolatey goodness into your day? By stirring a spoonful of cocoa powder into your coffee, you can get that yummy taste while also getting antioxidants and vitamins that



will help improve your heart.

**Related Link:** [Date Idea: Plan a Walk Around Town](#)

**3. Cayenne Pepper:** Even if you love all things spicy, be careful adding this into your coffee! Research shows that adding a spoonful of cayenne pepper into your coffee every day will not only give you that kick you need in the morning but can even help you live longer.

**4. Baking Soda:** If you have a sensitive stomach but need that caffeine in the morning, try adding baking soda into your coffee. Doing so will cut down on the coffee's acidity, leaving your stomach feeling fine.

**What are some other healthy coffee boosters to add into your coffee? Let us know in the comments below!**

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## Beauty Trend: Neon Eyeshadow





By [Emily Green](#)

Eyeshadow is one of the most eye-catching parts of any makeup look. Many people love to play with their eyeshadow, following different [beauty tricks](#) to make their look pop with color. Is there any other way than neon eyeshadow? Follow these [beauty tips](#) to make neon eyeshadow make your eyes pop:

**Neon eyeshadow is a beauty trend that will make heads turn. What are some of the best places to wear neon eyeshadow?**

Everyone should be able to play with their makeup looks, no matter what kind of day they may have. Whether you're going out with friends or going to a fancy event, neon eyeshadow can be a great addition to your look. Here are some of Cupid's favorite places to wear neon eyeshadow with this [beauty advice](#):

**1. Red Carpet Event:** Heading to an event where you know you're going to get photographed or possibly even interviewed? Adding a neon eyeshadow to your formal look will accentuate all the right features, and most importantly, it will draw everyone up to see your beautiful face!

**Related Link:** [Beauty Trend: Neon Eyeliner](#)

**2. Banquet/Fancy Dinner:** If you're going to an important banquet or dinner, add a pop of neon eyeshadow. Add some false lashes and volumizing mascara to make your eyes stand out! You'll show the other guests your fun side beneath your professional exterior.

**Related Link:** [Beauty Trend: Metallic Lip](#)

**3. Beach Day:** You and your friends have had this beach day on the calendar for months, and it's finally here! Adding neon eyeshadow to your beach day look will show you are ready for a day of fun out in the sun.

**4. Shopping Trip:** Just having a relaxing day out shopping with some friends? It's the perfect occasion to try out neon eyeshadow with a casual look. You can add just the right amount of color, and you'll have heads turning as you walk by.

**What are some other occasions to wear neon eyeshadow? Let us know in the comments below!**

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## **Fashion Trend: Micro and Itty Bitty Bags**



By [Emily Green](#)

Micro and itty bitty bags is a fun new [fashion trend](#) making its way around the globe. Many find these bags comical due to their extremely small size, as no one knows what you can actually fit inside. You may not realize these bags can be used for a variety of purposes. Check out our [fashion advice](#) and see how you can incorporate micro and itty bitty bags into your style:

**Micro and itty bitty bags is a fashion trend that leaves many people confused. What are some purposes for these bags in your**



# wardrobe?

These small minuscule bags do seem very impractical for virtually any use. The great thing about fashion is that things in your wardrobe can have many different uses, no matter what the item may be. Here are a few of Cupid's favorite fashion tips to incorporate a micro or itty bitty bag into your wardrobe:

**1. Use it to hold hair accessories:** No matter if you're out on the town or simply shopping with friends, you always need a place to keep your hair accessories. A micro or itty bitty bag is the perfect place to keep any hair ties, clips, or bobby pins that you may need on the go.

**Related Link:** [Fashion Trend: Bamboo Handbags](#)

**2. It can hold mints/gum:** Everyone needs mints or gum on hand. Whether you're going on a first date or heading into a job interview, mints or gum are the perfect thing to keep in your micro or itty bitty bag to keep your breath smelling fresh.

**Related Link:** [Fashion Trend: 5 Trends Making a Comeback in 2019](#)

**3. Use it to hold earrings:** Sometimes your earrings can become a bit much when you are out and about. On the other hand, you also need a place to keep your earrings if you're running out the door and haven't had time to put them in.

**4. Wear it as a necklace:** A bold statement to your wardrobe, a micro or itty bitty bag can be a great addition to any look on the runway or in real life.

**What are some other ways to incorporate a micro or itty bitty bag into your wardrobe? Let us know in the comments below!**

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# Celebrity News: Camila Cabello Opens Up About Anxiety Struggles



By [Emily Green](#)

In the latest [celebrity news](#), Camila Cabello opened up about her struggles with anxiety throughout her childhood, according to People.com. Cabello posted on her Instagram about how she never wanted to sing in front of friends and family as a child, and would instantly tear up if anyone watched or listened to her singing.

# In celebrity news, Camila Cabello opened up about her own struggles with anxiety throughout her childhood. What are some tips to help deal with anxiety?

## Cupid's Advice:

Many people deal with anxiety throughout their lives, some people more severely than others. Anxiety is not an easy thing to overcome in any sense, but there are many things that can help make those with anxiety's lives a bit easier. Here are some of Cupid's tips to help deal with anxiety:

**1. Meditation:** Believe it or not, meditation helps calm anxiety so much. Even if it is just 15 minutes a day, take that time to sit by yourself, focus on your breathing, and relax. The more often you do it, the more you can practice these techniques in your day to day life.

**Related Link:** [Celebrity Couple News: Shawn Mendes' Mom Teases Camila Cabello Dating Rumors](#)

**2. Yoga:** Anxiety can leave people feeling tense and full of stress. Try out some yoga, and focus on the parts that feel most tense when you're anxious. It can help you feel more at peace in your life, and relax a bit more in anxious settings.

**Related Link:** [Relationship Advice: Talking Through the Tough Times](#)

**3. Therapy:** Therapy can help with anxiety in more ways than one. You can narrow down the root of your anxiety, and what exactly your triggers are. By talking out your anxiety with someone, you can work out a plan to make anxiety less of an issue in your personal life.

What are some other tips to help deal with anxiety? Let us know in the comments below!

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# Celebrity News: Cardi B Gets New Tattoo of Husband Offset's Name



By [Emily Green](#)

In the latest [celebrity news](#), Cardi B got a tattoo of her husband Offset's name on the back of her thigh, according to *People.com*. This [celebrity couple](#) was married in 2017, and



share a one year old daughter together. Cardi's tattoo was shown to express her love for her husband, as Offset has a tattoo of her name on his neck.

## **In celebrity news, Cardi B is showing her love for her husband by getting a tattoo of his name. What are some other ways to show your love and dedication for your partner?**

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

Expressing your love and dedication for your partner is something that people should try to always show your partner, even if they know you love them unconditionally. Here are some of Cupid's favorite ways to show your love and dedication for your partner:

**1. Surprise gifts:** No one should know your partner better than you. Think about what they love, and what they do on a daily basis. Do they have a hobby they really enjoy? Surprise them with tickets to a game of their favorite sport's team, a book they enjoy, etc. Anything that shows you know and care about them will make their day!

**Related Link:** [Relationship Advice: The Beauty, Meaning, & Power of Love](#)

**2. Words of affirmation:** Everyone loves to hear how much someone loves or appreciates them. Take the time each day to tell your partner different things you love or appreciate about them, even if you're both in a hurry. Just a few simple words can truly make someone's day better.

**Related Link:** [Dating Advice: 5 Activities for a Fun and Fresh Date With Your SO](#)

**3. Love letters:** We get it, some may find it sappy in theory, but no one will ever say “ew” to a love letter! Love letters are creative ways to express your love to your partner- write it on paper by hand, and they will be able to feel every ounce of love you put into your words.

What are some other ways to express your love and dedication to your partner? Let us know in the comments below!

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## Celebrity News: ‘Teen Mom OG’ Star Amber Portwood Is ‘Learning More’ About BF Amid Cheating Post





By [Emily Green](#)

In the latest [celebrity news](#), 'Teen Mom OG' star Amber Portwood is learning more about her boyfriend Andrew Glennon after a fight between the two that lead to Portwood's arrest on July 5, according to *UsMagazine.com*. This [celebrity couple](#) has been together since 2017, and share a fourteen-month-old son. Since the fight, Portwood has posted cryptic messages on her Instagram which have now been deleted, one of which said, "Cheating is a choice, not a mistake."

**In celebrity news, Amber Portwood is resorting to cryptic social media posts to voice cheating accusations. What are some things to avoid on social media to save your relationship?**

## **Cupid's Advice:**

Social media is a double-edged sword—many love to use it to share what's been going on in their lives, but it also opens a door for people to insert their opinions on everyone's lives. Here are some of Cupid's tips on what to avoid on social media to try and save your relationship:

**1. Block words you don't want to see/hear:** One nifty thing about social media is you can always filter out what words you don't want to hear. Blocking any words you know will make you upset, or put negative thoughts into your head, you can stay level-headed and think about your relationship and how you view it.

**Related Link:** [Relationship Advice: What We Can Learn From The Trials And Triumphs Of Celebrity Relationships](#)

**2. Stay out of your mentions:** If your relationship is public, many people will try to comment their thoughts and opinions on your relationship, what your partner has done, what you have done, and so on. Don't pay attention to anyone that includes you in their messages because they don't know what your relationship is like. You are the only one who can really know how your relationship stands.

**Related Link:** [Celebrity News: Jana Kramer Reacts to Husband Mike Caussin Saying Cheating Would Be a Dealbreaker](#)

**3. Just stay off social media:** Delete your apps on your phone for a bit, give yourself some room to breathe. By not posting anything about your relationship yourself, you won't send out that invitation for others to feed into any drama. You can relax and work out any issues with your significant other without people who aren't involved trying to give their two cents.

**What are some other things to avoid on social media to save your relationship? Let us know in the comments below!**



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# Product Review: Chocolate Stuffed Marshmallows Are a Perfect Treat For Your Next Campfire!



By [Emily Green](#)

Summertime is the prime time to sit out and relax with friends and family, having a bonfire, making one of the best snacks of

summer: s'mores! Next time you want to break out the graham crackers and marshmallows, try Stuffed Puffs. Stuffed Puffs are marshmallows that give you the perfect s'more—by stuffing the chocolate INSIDE of the marshmallow, giving the s'more the most delicious flavor you will ever have!

**Stuffed Puffs solve the problem everyone has while making s'mores—getting your chocolate hot enough to melt. Learn more about it on our product review.**

While anyone can love a good s'more, many people hate making them—getting sticky from the marshmallow, trying to squish it enough to melt the chocolate waiting on the graham cracker. You can easily get the perfect gooey s'more by roasting a Stuffed Puff over the fire, the chocolate inside the marshmallow will melt to the perfect consistency.

**Related Link:** [Product Review: Harlow's Harvest](#)

The idea of Stuffed Puffs is very innovative and is a great way to put a new twist on a classic American favorite. While s'mores are a great start, Stuffed Puffs are working to combine more flavors to make their products year-round.

**Related Link:** [Product Review: Cinco De Mayo with Prepara Taco Accessories!](#)

Keep an eye out for these yummy treats—they will be available just in time for summer at your local Walmart (or you can order them on Walmart's [website](#)!). At a low price of \$3.98, Stuffed Puffs are sure to fly off the shelves, so make sure you grab them in time for your next bonfire!

Check out more of Cupid's product reviews [here.](#)

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# Food Trend: Global Spices Are Heating Up



By [Emily Green](#)

Everyone needs to spice up their lives in one way or another, and what better way to do it then start playing with different spices in your food! In every aspect of society, we are constantly bringing bits of pieces of other cultures into our lives. [Popular restaurants](#) all around the world are adding these spices into their meals, and you can too!

# Adding global spices to your dishes is quite the up and coming food trend. What are some of the best global spices to try in your meals?

Every country has unique spices that truly bring out the best in some signature dishes. By switching up some spices in your dishes, you can find a new flavor that your taste buds will absolutely love! Here are some of Cupid's favorite global spices to try in your meals:

**1. Urfa Biber:** Also called isot pepper, urfa biber is a chili pepper from Urfa, Turkey. This spice is commonly used in the Middle East and brings that slight kick to any meal. If you love a smoky and fruity taste to your meals, this is the spice for you.

**Related Link:** [Food Trend: Millennial Flavors to Watch](#)

**2. Zhoog:** While not an actual spice itself, this Middle Eastern cuisine will definitely bring the spice to your taste buds. This condiment is made of every mouth-watering spice you can think of- jalapeno peppers, chili flakes, garlic, cardamom and much more. Even if you love spice, we recommend you take it slow with zhoog, especially if you don't want your mouth on fire.

**Related Link:** [5 Food Trends to Watch for in 2019](#)

**3. Ground Sumac:** If you love a tangy flavor, ground sumac is the spice for you. Sumac brings a lemony flavor to your meals, all the way from the Middle East that you won't ever regret trying.

**4. Fennel:** Fennel is a spice that brings a warm, flavorful taste you won't forget. Fennel is commonly used in Italian,



Indian and Middle Eastern cooking, and leaves every meal with a taste you will absolutely savor.

**5. Harissa:** A North African chili pepper powder, or paste that will leave your mouth on fire and wanting more! Many people use harissa by sprinkling it over their pasta, meat, anything, and give you that kick that will send your taste buds into overdrive.

**What are some other global spices we should try? Let us know in the comments below!**

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## **Beauty Trend: Sleek and Straight Hair for The Win**





By [Emily Green](#)

A sleek and straight hairstyle can be perfect for any occasion at any time of the year. This [beauty trend](#) can make you look absolutely flawless in any situation, no matter the time, place or weather. From Zendaya to [Khloe Kardashian](#), [celebrity hairstyles](#) with sleek and straight hair will leave you wanting to these [beauty tips](#) out for yourself!

**Sleek and straight hair has become a very common beauty trend. What are some of the best places to wear your hair sleek and straight?**

You can wear your hair sleek and straight for any occasion—no lie! This hairstyle is probably one of the easiest to transform and fit into any occasion, and look amazing no matter what you're doing. Here are some of Cupid's favorite places to wear your hair sleek and straight:

**1. Business meeting:** Wearing your hair sleek and straight to a business meeting puts off the perfect professional vibe—you're here and ready to get down to business.

**Related Link:** [Beauty Tips: Celebrity Hair Trends to Brighten Up for Spring](#)

**2. Formal Event:** Pairing a nice pantsuit or gown with sleek and straight hair is the epitome of beauty. You'll put off an aura of class, and people will treat you with the utmost respect.

**Related Link:** [Get a Knockout Look with This One-Two Punch in Hairstyles](#)

**3. A First Date:** Going out with a possible new flame for the first time? Don't worry. Keeping your hair sleek and straight is an easy hairstyle that will show your date that you put little effort into looking amazing without overdoing it.

**4. Lunch with Friends/Family:** Finally managed to pencil in a relaxing day with friends or family? Showing up in one of your favorite outfits with your hair sleek and straight is the perfect outfit for a simple get together. Besides—you never know who you might run into!

**5. A Night on the Town:** Ready to let loose for a night on the town with your friends? A sleek and straight hairstyle is the perfect addition to your look—you can spend the night dancing your heart away without having to worry about a hair falling out of place.

**What are some other places a sleek and straight hairstyle is perfect for? Let us know in the comments below!**

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# Celebrity Vacation: Joe Jonas & Sophie Turner Take Romantic Vacay After Second Wedding



By [Emily Green](#)

In the latest [celebrity news](#), newly married couple Joe Jonas and Sophie Turner were spotted on a romantic vacation in the Maldives, according to *UsMagazine.com*. This [celebrity couple](#) had a surprise wedding in Las Vegas following the 2019 Billboard Music Awards, and recently exchanged vows at a second ceremony in France at the end of June.



# **This celebrity vacation is a romantic getaway of sorts post second nuptials. What are some ways a vacation with your partner can make your relationship stronger?**

## **Cupid's Advice:**

Everyone needs a vacation! Getting away gives couples a chance to escape from everyday life and focus solely on their relationship and their love. Here are a few of Cupid's ways that a vacation can only make your relationship grow stronger:

**1. Traveling creates memories:** Traveling with your partner can create memories that you both will look back on for years to come. By exploring new adventures with your partner, you can come across new experiences and discoveries not only in your travels, but in yourself and your partner as well.

**Related Link:** [Vacation Destinations: Underrated Vacation Locations](#)

**2. Exciting activities can increase passion:** By trying new things with your partner, the passion in your relationship will grow stronger and stronger. Whether it's watching your partner overcome a fear, or even bungee jumping for the first time together, the thrill of accomplishing any exciting activity will ignite a deep passion in your relationship, one you can only share with your partner.

**Related Link:** [Celebrity Baby News: 'Bachelor' Alums Arie Luyendyk Jr. & Lauren Burnham Soak Up Sun on Bermuda Babymoon](#)

**3. You have time to get to know each other on a deeper level:** By vacationing with your partner, you have all the time in the world to spend with just you and your partner. You can learn

new things about each other that you haven't uncovered yet, and you can experience new things you never thought of. You'll be able to return to your day to day lifestyle with a new understanding of you and your partner, and who you both are as individuals.

What are some other ways a vacation can make a relationship grow stronger? Let us know in the comments below!

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## **Celebrity News: JWOWW Celebrates Daughter's Birthday with Her Boyfriend & Estranged Husband**





By [Emily Green](#)

In the latest [celebrity news](#), Jenni “JWoww” Farley and her estranged husband Roger Mathews celebrated their daughter Meilani’s 5th birthday this past Saturday, with Farley’s boyfriend, Zack Clayton Carpinello in attendance, according to [UsMagazine.com](#). This former [celebrity couple](#) split in September 2018 after three years of marriage, and have been working toward co-parenting their children together.

**In celebrity news, it’s the more the merrier for JWoww’s daughter’s birthday celebration. What are some ways to play nice with your ex for the sake of your children?**

**Cupid’s Advice:**

Being on amicable terms with your ex is the ideal co-parenting

situation for any parents. By remaining friendly with your former partner, your children can transition more smoothly into their own version of a typical day-to-day lifestyle. Cupid has a few ways to play nice with your ex for the sake of your children:

**1. Ask them how they are doing:** Simply asking how someone is doing can brighten their day and give them the sense that you truly care about what is going on in their lives. Whether you listen to them talk about their job, how they are feeling mentally, or even their newfound love life, it is important to show that you still care for your ex's well being, despite not being together anymore.

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

**2. Be supportive of their decisions:** Just like you, your ex is a competent individual. Whether they decide to venture into a new career opportunity, or even begin to start dating a new person, let them know that you are supportive of them in their decisions, and they will do the same in return.

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

**3. Don't bring up any sensitive topics:** It is important to remember that you and your ex broke up for a reason. If you're going to talk about the past, try to focus on the happy times, and not times where things were a bit rough. By focusing on the happier times, you and your ex will be able to stay civil for not on your children, but friends and family as well.

**What are some other ways to play nice with your ex? Let us know in the comments below!**



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# Health Trend: The Dangers of E-Cigarettes and Vaping



By [Emily Green](#)

It's common to find people smoking e-cigarettes or vaping these days. Many people partake in this [health trend](#) because they believe smoking e-cigarettes or vaping is better for you, or they believe that you won't become addicted when this is far from the case. Read this [health advice](#), and learn why e-cigarettes and vapes are harmful to your body.

# E-Cigarettes and vaping have become one of the biggest trends and continues to rise. Why is this health trend actually anything, but healthy?

E-cigarettes and vapes are just as addictive as regular cigarettes. While the effects may not be the same, you can become addicted to anything, especially with the drugs e-cigarettes and vapes contain. Here are a few reasons why smoking e-cigarettes and vaping are dangerous to your health:

**1. Nicotine is highly addictive:** Nicotine is by far one of the most addictive and harmful substances. It can affect anyone, no matter how it is delivered. If exposed to nicotine at a young age, you are more likely to become addicted and cause harm to your developing brain.

**Related Link:** [Product Review: Curb Your Nicotine Craving and Find Love With Aqua-tine™!](#)

**2. It makes you more prone to lung disease:** Using e-cigarettes is truly just substituting one bad habit for another. E-cigarettes contain a substance called diacetyl, which has been linked to being a cause of lung disease. The more you smoke, the more the drug is in your system, the more likely you are to contract lung disease.

**Related Link:** [Relationship Advice: 5 Must-Knows When Dealing with an Addicted Partner](#)

**3. It weakens your immune system:** Regardless of what you are smoking, smoking is still the leading cause of death in the United States. E-cigarettes and vapes are full of unknown chemicals, many of which can have negative effects on the body

and the immune system.

**4. It's difficult to know what is truly in them:** Believe it or not, many sellers do not accurately relay what is in each of their products. There have been numerous instances of people selling vape products or e-cigarettes that contain zero nicotine but traces of nicotine have been found in them after being tested. You never know what you are truly putting in your body, despite what may be advertised to you.

**5. People have been poisoned:** There have been so many instances where people have been poisoned by the liquid in e-cigarettes or vapes, whether it was absorbed through the skin, accidentally inhaled, etc. It is much safer to simply stay away from substances such as these—staying away can save your life.

**What are some other risks to smoking e-cigarettes or vaping? Let us know in the comments below!**

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## **Celebrity News: Pamela Anderson's Ex Adil Rami Denies Abuse Allegations**





By [Emily Green](#)

In the latest [celebrity news](#), Pamela Anderson's ex boyfriend denied the allegations Anderson recently made against him claiming that he abused her during their relationship, according to *UsMagazine.com*. This former [celebrity couple](#) announced their split on June 25 in a post on Anderson's Instagram, saying "It's hard to accept. The last (more than) 2 years of my life have been a big lie."

**This celebrity news has drama written all over it. What are some ways to avoid drama after a tough split?**

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

A break up with a significant other is never easy, especially if it wasn't mutual. While sometimes drama comes with the breakup, it is always possible to sit down and talk with your



ex to work out your issues before you go your separate ways so there are no bad feelings residing. Here are a few of Cupid's ways to avoid drama after a tough split:

**1. Assess the situation:** Sit down with yourself and do a bit of self reflection- what exactly is leading to this break up? How have you reacted to things? How has your partner? Find the root of your worries and think about how you want to address them with your ex, so you can work out those feelings before anything gets out of hand.

**Related Link:** [Celebrity Break-Up: 'Bachelorette' Jed's Ex Haley Cries After Learning He Allegedly Cheated](#)

**2. Leave the past in the past:** The past is the past for a reason. Every day you grow into a new and better version of yourself, you are not who people may believe you once were. Focus on the here and now, and who you are today.

**Related Link:** [Celebrity Break-Up: Bradley Cooper & Irina Shayk Split After 4 Years Together](#)

**3. Stop pleasing others:** There is always a reason for every break up. If you decide to split from your partner because it was not right for you to be with them anymore, so be it! You have to do what is best for you and only you, no matter what others may say or think.

**What are some other ways to avoid drama after a split? Let us know in the comments below!**