

# Relationship Advice: Supporting the Caregiver



By Dr. Jane Greer

Dealing with an illness or injury is stressful and overwhelming, and that is even more true during a global pandemic. When it happens, family members and friends rally around the person who is sick, and the focus is on them as they deal with doctors, getting a diagnosis, managing symptoms, and so much more. While that is happening, their partner often becomes a hands-on caregiver, arranging appointments, transportation, in-home care, and dealing with all sorts of other logistics. Their strength and stamina can be instrumental in helping their loved one get through the difficult time. Katharine Heigl, the star of *Firefly Lane*, recently revealed her husband Josh Kelley helped her get

through a health crisis. “First trip since the start of the pandemic is back to L.A. to deal with a herniated disk in my neck,” Heigl captioned with an Instagram video of Kelley singing along with the coffee maker in their hotel room. “Thank God for @joshbk Kelley for not only coming with me to hold my hand but for providing me with some very much needed comedic relief!” And while caring for the person who is unwell is so important, the thing that can fall through the cracks is the impact all of this has on the partner who has stepped into that helping role. Illness can hit hard, not just for the one who is sick but also for the one who is going through it with them. Since they don’t want to be a burden and possibly add more stress to their loved one who is healing, they may be reluctant to voice their worry and unhappiness, as well as the strain they are experiencing, and may even think they shouldn’t.

**If you find yourself in this position, what can you do to make sure you are getting what you need so you don’t burn out and can continue to be there for the person who relies on you?**

When you are dealing with illness and recovery in your family, the uncertainty and anxiety you feel can totally drain you, as can the intense demands that are being put on you. Your ailing partner is likely not themselves, so your own support system is no longer in place and you probably miss them. You’re likely to be very concerned about when and if they will return to what they once were. When this happens, it is normal to feel unsupported, angry, overwhelmed, frightened, overloaded, and even alone, all of which can make you experience guilt for

having these feelings since the person you love is suffering. They can get even worse if your partner becomes demanding, takes you for granted, or are unpleasant to be around because of the pain or discomfort they are dealing with. Also, their fear about the future can put even more of a damper on the household. You may begin to resent having to carry the lion's share of the daily household work in addition to everything else you are handling, and then think you are not being a good enough partner because if you are the healthy one, you may feel you have no right to complain.

With all of this in mind, it is important to take stock of how depleted you are. While you are serving as the emotional and physical pillar in your home at the moment, you, too, need someone to lean on. Consider finding someone who can give you the emotional support you require without feeling it is taking away from your partner's needs. In other words, your partner's family members may not be the best people to look toward. Instead, think about a friend, a neighbor, a colleague at work who is removed enough from the situation that you won't feel terrible if you share with them the occasional thought that your loved one is driving you crazy, or a therapist. Being able to say it out loud can be very helpful, because otherwise you will bottle it up and it can just get worse. Having an individual in your corner who can listen and understand how hard this is for you, too, will allow you to recharge your battery so you can be there for your partner. Along those lines, if you are aware of a friend or family member who is in the role of caring for an ill loved one, consider reaching out and offering your empathy and a shoulder to lean on – it will go a long way.

It sounds like Katharine and Josh are getting through their crisis together. Humor seems to be one of the ingredients Josh is using to support Katharine, and hopefully he, too, is getting the assistance he needs so he can continue to be there for his wife.

Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) the first Wednesday of each month, at 11 AM EST, 8 AM PST; including Shrink Wrap on Call, Pop Psych with Dr. Greer, and Let's Talk Sex! Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments on [HealthyLife](http://HealthyLife.net).

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## Celebrity News: Katherine Heigl Gushes Over Marriage and Kids





By [Noelle Downey](#)

It's official! Katherine Heigl absolutely loves her family life. Recently in [celebrity news](#), Heigl gushed to [EOnline.com](#) on the red carpet of her movie premiere about her love for her three children and the secret to her long-lasting and incredibly happy [celebrity relationship](#) with her husband. "I think honestly, that we just are really good friends," Heigl confessed about her longtime love, Josh Kelley, "We're sort of best friends, we get along really well, we have a really good time together. We have our moments, like any couple, so we just sort of cling to that friendship when stuff gets hard." Kelley and Heigl have been married for nearly ten years and have three children, Naleigh, Adalaide and Joshua, and the [celebrity mom](#) joked that she's all in for more. "I'm kind of like, 'Let's have four or five' and Josh is tapping out," Heigl confessed, adding that whether or not there are more [celebrity babies](#) on the horizon for her and her hubby, her daughters are adjusting incredibly well to new family addition, four-month-old Joshua. "They're fawning all over him," Heigl admitted with a huge smile.

# This celebrity news has us very happy for Katherine Heigl! What are some secrets to a long-lasting relationship?

## Cupid's Advice:

Heigl and Kelley seem to have figured out the set of secrets that help them build a blissfully happy marriage. Here are Cupid's top tips on how to have a relationship as happy as this [celebrity couple's](#):

**1. Build a strong friendship:** Just as Heigl says that she and Kelley are "best friends," it's important for you to feel the same way about your romantic partner. Building a firm friendship is a necessary and strong foundation for any romantic relationship, and knowing that someone always has your back is vital in any long-term partnership. Romance is important and intimacy is a must, but friendship adds a warm glow and allows love to flourish even in times of hardship.

**Related Link:** [Katherine Heigl & Josh Kelley Move to Utah](#)

**2. Prioritize your relationship:** The best couples are those that make time for each other even in the busiest seasons of their lives. If you're constantly pushing quality time with your significant other or spouse to the bottom of your priorities list, it's time to take a good hard look at how much you're contributing to this relationship's success. With work, kids and other time commitments, making time isn't always easy, but it's necessary in order to make sure your relationship is still healthy and strong years after you first fall in love.

**Related Link:** [Celebrity Interview: Katherine Heigl Says](#)

## [“Family Comes First”](#)

**3. Be honest about your needs:** Even in the best relationship, it’s likely that you will go through rough patches if you stay together long-term. If you’re feeling as though your partner isn’t truly meeting your needs the way you want them to, be open with them about it. Make time for an honest, calm discussion, and prepare yourself to listen and be receptive if they have concerns for you as well.

**These celebrity parents are clearly knocking it out of the park when it comes to caring for each other and their family. What are some of your tips for making sure your relationship stays strong through any kind of weather? Let us know in the comments!**

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# Celebrity Families: Stars Who Have Adopted Children









Angelina Jolie and Brad Pitt with son Maddox

The Jolie-Pitt's are perhaps the best known family in Hollywood when it comes to adoptions! Three of their celebrity kids -- Maddox, Zahara, and Pax -- were adopted from Cambodia, Ethiopia, and Vietnam respectively. They also have three biological children: Shiloh, Knox, and Vivienne. Photo: Andrew Evans / PR Photos

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**Celebrity**

**Interview:**

# Katherine Heigl Says “Family Comes First”



By Shannon Seibert

Katherine Heigl has become the ultimate celebrity mom since adopting her two beautiful daughters, Naleigh, 5, and Adalaide, 2. This September, the actress graces the cover of *Good Housekeeping* and opens up about living in Utah with her husband Josh Kelley and their kids. Heigl recently opened up to Celebrity Baby Scoop in a celebrity interview about her experiences with each of her daughters and the pleasures of being a mother.

# Katherine Heigl on Being a Celebrity Mom

**Related Link:** [Alicia Keys Is Pregnant With Second Child](#)

**What was it like starring on *Grey's Anatomy* after adopting Naleigh in 2009?**

**KH:** "I would come home angry and frustrated that I'd missed everything with my kid that day. I didn't get to wake her up from her nap or do bath time or bedtime. I'd have to sneak into her room and kiss her when she was sleeping, hoping not to wake her up. I felt like my priorities were messed up. I was putting so much time and energy into just my work, but I was raised [to believe] that family comes first."

**How is living in Utah?**

**KH:** "We had big dreams of expanding our family, moving to the mountains, and having a quieter life. Utah is spectacularly beautiful; the people are wonderful and kind; it's an easy commute from L.A. – and there's no traffic!"

**Related Link:** [Megan Fox: "It's So Hard To Be A Working Mom"](#)

**How was your experience with adopting Adalaide from Louisiana in 2012?**

**KH:** "We brought her home, and right away, Naleigh was like a little mommy. She'd say, 'No, no. You're not holding her right.' Or 'She needs to eat again.' I'd be like, 'Would you back off? Just give me a minute!' Naleigh would go off to her ballet classes and other stuff, and I would sit with the baby at home. I would read, and she would lie on my chest, and we'd lie on the couch with, like, four dogs and watch *Friday Night Lights*."

*For the rest of the celebrity interview, visit [www.celebritybabyscoop.com/2014/08/06/katherine-believe](http://www.celebritybabyscoop.com/2014/08/06/katherine-believe)*

*family!*

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# 5 Celebrity Couples That Adopted



By Louisa Gonzales

Lately, Hollywood has been flooded with celebrity baby news and baby bumps! However, many celebrities have chosen adoption over having a biological child. Here are five [celebrity couples](#) who recently adopted:

# Celebrity Baby Adoptions

**1. [Angelina Jolie](#) and Brad Pitt:** It wouldn't be right if we didn't put these two at the top of our list. They met back in 2005 while filming *Mr. & Mrs. Smith*. Soon after, they began their celebrity relationship and now have six children together, three of whom are adopted. Jolie adopted her first child, Maddox Chivan Thornton Jolie, a Cambodian infant born on August 5, 2001, with her then-husband, Billy Bob Thornton. The actress adopted her second child, Zahara Marley Jolie, who was born in Africa on January 8, 2005, without Pitt. However, Pitt later adopted both kids. The famous couple adopted Pax Thien from Vietnam on March 15, 2007. Initially, Jolie filed alone because of the country's regulations, but Pitt adopted Pax when they went back home. Pitt and Jolie's first biological child, Shiloh Nouvel Jolie-Pitt, was born in 2007, and twins Knox Léon Jolie-Pitt and Vivienne Marcheline Jolie-Pitt were born in 2008.

**Related Link:** [Brad Pitt and Angelina Jolie Enjoy Weekend Getaway Without Kids](#)

## Even If A Celebrity Couple Goes Through A Divorce, A Family Can Still Be Maintained

**2. Tom Cruise and Nicole Kidman:** Back when these two A-List actors were a famous couple, they adopted two children: daughter Isabella Jane, born in 1992, and son Connor Anthony, born in 1995. The pair first hooked up in 1990 on the set of *Days of Thunder* and married later that same year in Colorado. However, this Hollywood relationship came to an end when they announced their separation in February 2001 after Cruise filed for a celebrity divorce. Both Cruise and Kidman share custody of the two children.

**3. Katherine Heigl and Josh Kelley:** The former *Grey's Anatomy* actress and musician are no strangers to adoption. The pair married back in 2007 in Utah and have two adopted daughters. This celebrity couple adopted their oldest daughter Nancy Leigh (nicknamed Naleigh) from South Korea in 2009. They expanded their family in 2012 when they adopted their now three-year-old daughter Adelaide, who was born in Louisiana.

**Related Link:** [Katherine Heigl and Josh Kelley Step Out with Newly Adopted Daughter](#)

**4. Hugh Jackman and Deborra-Lee Furness:** The *Wolverine* actor and his wife married back in 1996 in Toorak, Victoria, a suburb of Melbourne. The pair adopted two kids: Oscar Maximillian, born May 15, 2000, and Ava Eliot, born July 10, 2005. The Aussie actor and actress decided to adopt after they were unable to conceive naturally and through IVF. Jackman and Furness continue to advocate for adoption while raising their two children.

**What other famous couples have adopted? Comment below!**

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## Celebrity Christmas Weddings





By [Whitney Johnson](#)

The holidays are said to be the most wonderful time of the year, so it's no surprise that so many couples – famous faces and everyday folks alike – choose to walk down the aisle around Christmas. Thanks to lightly falling snow, flickering fireplaces, and cozy color palettes, the wedding practically plans itself. Whether they embraced the cold crispness in the air or escaped the winter wonderland and headed somewhere warm, the celebrity couples below ensured that their holiday seasons were all the more magical because of their plans to say “I do.”

**1. Cassandra Jean and Stephen Amell:** The handsome star of The CW's hit show *Arrow* married the former *America's Next Top Model* contestant during a small sunset ceremony officiated by a close friend in the Caribbean on Christmas Day in 2012. The couple had a second wedding in New Orleans on May 26, 2013, and welcomed their daughter Mavi Alexandra Jean Amell, in October.

**Related:** [Stephen Amell Marries Cassandra Jean for the Second](#)

## [Time](#)

**2. Katherine Heigl and Josh Kelley:** These two lovebirds exchanged personally-written vows in Park City, Utah, on December 23, 2007. The wedding took place at the Stein Eriksen Lodge, and the tent was decorated with white flowers and white candles, both of which complimented the fresh snow. The actress was decked out in a custom-made Oscar de la Renta gown and walked down the aisle to an acoustic song written by her husband-to-be. Bringing in a bit of Christmas spirit, Heigl's bridesmaids wore red.

**3. Danielle Deleasa and Kevin Jonas:** The pop star made sure that his "Jersey Girl" had a wedding fit for a princess: The couple tied the knot at Oheksa Castle in Huntington, New York, on December 19, 2009. Jonas even gifted his bride, who wore a strapless tulle and Chantilly lace Vera Wang gown, with a pair of glass slippers on the big day. With the groom's brothers, Nick and Joe, serving as the best men and his father officiating the traditional ceremony, it was a family affair – one that most certainly extended into the holidays.

**4. Crystal Harris and Hugh Hefner:** A tumultuous courtship preempted this couple's big day: Harris began dating Hefner in January 2009 and initially broke off their engagement in June 2011 – only five days before she was set to walk down the aisle. Nearly a year later, the twosome reunited. They became re-engaged on December 1, 2012 and married in a small ceremony at the Playboy Mansion on New Year's Eve of that year. A perfect way to end the holiday season and ring in the new year!

**Related:** [Hugh Hefner and Crystal Harris Tie the Knot on NYE](#)

**5. Perrie Edwards and Zayn Malik:** This musically-talented pair, who only got engaged in August, is hoping to say "I do" before Christmas of this year. The reason for the rushed wedding is quite practical: Edwards, a member of the British



girl group Little Mix, is dreading being away from her fiancé when he departs for One Direction's 2014 tour, and she's hoping it'll be easier if they're hitched. Only time will tell if these plans come to fruition!

**Cupid wants to know: Would you ever want a holiday wedding? Why or why not?**

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## Katherine Heigl and Josh Kelley Step Out with Newly Adopted Daughter



Katherine Heigl and Josh Kelley have finally stepped out with their newly adopted daughter. The couple brought their baby girl to a friend's house in Beverly Hills on Saturday, reports [UsMagazine.com](http://UsMagazine.com). The couple announced the adoption on April 25th, though they did not release the name of their new daughter or other details. Heigl and Kelley are already parents to Naleigh, who they adopted from South Korea in 2009. "Josh and I started talking about [adoption] before we were even engaged," said Heigl in February. "My sister Meg is Korean, and my parents adopted her three years before I was born. I wanted my own family to resemble the one I came from, so I always knew I wanted to adopt from Korea."

**How do you introduce your new child to your friends and family?**

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

Introducing your new children to friends and family is always an exciting task. Here are a few ideas:

**1. Small get-together:** Parties are much too overwhelming for children, and especially babies, to handle. Have a small get-together instead so you can introduce your new child to friends and family in a calm, friendly setting.

**2. Prepare your friends:** With adopted children, it's important that your friends and family don't intimidate your new son or daughter. Talk to your friends before hand and tell them a bit about your child's situation.

**3. Continued meetings:** Most children will not remember a face that they've only seen once. If you want your friends and family to be a part of your child's life, make sure that they are frequent visitors. The sense of familiarity will be a comfort to your child.

**How would you introduce a newly adopted child to your friends**

and family? Feel free to leave a comment below.

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# Katherine Heigl & Josh Kelley Move to Utah



As reported on [Us Weekly](#), Hollywood couple Katherine Heigl and Josh Kelley have left sunny L.A. in favor of the mountains of Utah. Heigl and Kelley married in Utah and are psyched to be moving there with their one-year-old daughter, Naleigh, who they adopted from Korea. The couple plans to spend their time between Nashville and Utah.

**When couples have children, should they move out of the city**

**in favor of a more suburban or rural area?**

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

When it comes to married life, everyone seems to think of the picturesque house in the suburbs surrounded by a white picket fence. Though this has its benefits, it's not a requirement for a happy family:

**1. More space:** If your small apartment in the heart of the city has no room for a nursery, it may be a good idea to get a bigger place where space is more affordable. A larger living area can provide you with a smoother transition from married to family life.

**2. Make an educated decision:** For this move to work, both people must be on the same page. If one wants to make the move while the other does not, there will be problems. Spend a sufficient amount of the time talking, thinking, and doing research about it before taking out your next mortgage or signing a new lease.

**3. There's no place like home:** If you decide that it's better for you to stay where you are, that's also a great option. If you feel secure where you live, your family should, too.

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## **Katherine Heigl Wants to Adopt Again**





While attending London's red carpet premiere of her new movie, *Killers*, with Ashton Kutcher, Katherine Heigl was asked by a reporter if she and husband Josh Kelley want to add another baby to the family. [People](#) reported that Heigl responded, "I hope so," and she explained how hard it is to balance a career and motherhood. Heigl and Kelly already have an 18-month-old daughter Naleigh, who was adopted from South Korea last September. **What does it take to balance motherhood and a life?**

### **Cupid's Advice**

Plan for everything!

**1. Expect the unexpected:** One of the first rules of parenting is that the unexpected happens more often than not, so you must be willing to work outside the box in order to maintain any semblance of normalcy.

**2. Be flexible:** You want to go out to dinner with your spouse, but your child has a class project due tomorrow and you promised to help. What do you do? Assist with the project and reschedule the date. If you are going to add to this family dynamic, you need to be able to split up your time

effectively between the kids, your partner, and your own life.

**3. Make time for yourself:** You've just added another child to your family, and there seems to be no time for anything but work, kids, partner, sleep. If you continue on that path, you will eventually crash. Set some time each week for yourself. Whether it's a day at the salon, hanging out with friends, or going to a concert, take a breather. You need vegging out time, too.