


# Fitness Tips: Best Stress-Relieving Workouts



 By Nicole Maher

It seems like our schedules get busier and busier every year. Whether we are working from home or going into the office, it can still be challenging to find time to both relax and workout. If you are looking to kill two birds with one stone, try incorporating some of these [fitness tips](#) into your weekly routine to both stay on track with your fitness goals and relieve some of your everyday stress.

## Check out these fitness tips on the five best workouts to relieve stress.

**1. Workout-of-the-day:** If you're someone who enjoys changing up your schedule day-to-day, taking part in a workout-of-the-day program could be a great way to relieve some stress and keep you on track with your fitness goals. Many of these programs are in video format, and offer five to six different workouts that last around thirty minutes. Having a variety of options to choose from for your daily workout can help keep your packed schedule a little more spontaneous while still keeping your allotted amount of time for working out consistent throughout the week.

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**2. Yoga:** One of the best workouts for relieving stress is yoga. As yoga places emphasis on both exercising the body and the mind, it allows you to relieve both physical and mental

stress. There are also countless different types of yoga for people of all skill levels, so if you've never tried this exercise before, there are still plenty of options for you to pick from. Despite seeming low impact, yoga can also help with overall body strength and balance, therefore giving you some of the physical benefits of working out along with the stress relief.

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**3. Pilates:** Some people really like to burn out their stress by taking part in high intensity workouts. If this is the case for you, try incorporating a Pilates workout into your weekly schedule. These workouts typically include the use of bodyweight, ankle weights, and resistance bands, making them perfect for strength training. While guaranteed to make you sweat, Pilates workouts come in different intensities. So if there is a day where you don't feel the same drive to workout, you can still relieve some stress with a modified workout using the same equipment.

**4. Sports:** Our hobbies are also a great way of relieving some stress through movement, especially if one of your go-to hobbies is a sport. Playing pick-up games of basketball or soccer with some friends helps relieve stress by getting your body in motion, as well as socializing with others. Even going to a court or field for a little while and practicing a sport by yourself can help clear your mind from whatever stress you are feeling. This fitness tip is also beneficial in the fact that you don't need to learn any new skills for a workout, as the sport is something you are already familiar with.

**5. An outdoor run:** In a world where we are doing so much from our houses, sometimes simply stepping away from our computers for a little while and going outside can help relieve stress. If you live in an area that allows you to, try incorporating outdoor walks or runs into your fitness plans for the week.

The walks and runs will keep you burning calories to stay on track with your fitness goals, and the fresh air will genuinely do wonders for relieving stress and allowing you to clear your mind.

What are some other workouts that are perfect for relieving stress? Start a conversation in the comments below!

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# Celebrity News: Khloe Kardashian Reunites with Tristan Thompson in Boston After 'Mystery Woman' Drama



 By Nicole Maher

In the latest [celebrity news](#), Khloe Kardashian joined Tristan Thompson in Boston as he prepares for his first basketball game with the Celtics. According to *UsMagazine.com*, the [celebrity couple](#) was spotted out to dinner at the same restaurant Thompson was seen with a different woman earlier in the week. The other woman has since been identified as an estate manager that has worked with Thompson in the past.

**In celebrity news, it looks like Khloe Kardashian still trusts her**

# man. What are some ways to know your partner is being truthful with you?

## Cupid's Advice:

Although trust is a crucial part of any relationship, it can sometimes be hard to achieve. If you do not have trust in your partner, who will continue to face obstacles as the relationship progresses. If you are looking for some ways to know if your partner is being truthful, Cupid has some advice for you:

**1. They communicate clearly:** While constant communication is not needed to determine if someone is being truthful, clear communication is. If someone communicates openly with you about topics such as where they are going and how they are feeling, then there probably is no reason to worry about them lying. Red flags should only appear if the person is continuously giving vague answers or avoiding questions.

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**2. They acknowledge your concerns:** Sometimes the only way to resolve a trust issue is to address your concerns with your partner. If your partner is willing to have a conversation that acknowledges your concerns and does not get defensive, then they are likely being truthful. However, having this conversation too often can sometimes cause someone to become offended if they need to keep defending themselves.

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**3. They haven't lied to you before:** If you have never caught someone in a lie before, then there is likely no reason to


worry about them lying moving forward. Relationships may experience periods of distance or decreased communication, but these are not necessarily signs that someone is being dishonest. Until it's proven, don't jump to conclusions about your partner being untruthful!

What are some other ways to know if your partner is being truthful with you? Start a conversation in the comments below!

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## Celebrity News: Taylor Swift Opens Up About Bonding Over Sad Songs with BF Joe Alwyn



 By Nicole Maher

In the latest [celebrity news](#), Taylor Swift provided her fans with some details about her [celebrity relationship](#) with Joe Alwyn. According to *EOnline.com*, Swift revealed that her and longtime boyfriend Alwyn bonded while writing sad songs for her latest album. The couple has been dating for about four years, but have chosen to keep their relationship relatively private due to Swift's past experiences with public relationships and break-ups.

**In celebrity news, Taylor Swift gave fans rare insight into her**

# relationship with boyfriend Joe Alwyn. What are some reasons to keep details about your relationship to yourself?

## Cupid's Advice:

There is nothing wrong with wanting to keep some of the details about your relationship to yourself, whether it one that is relatively new or one you've been in for years. If you are looking for some reasons to keep details about your relationship to yourself, Cupid has some advice for you:

**1. Past traumas:** If you've experienced some kind of public fallout from a break-up in the past, you may want to keep your future relationships more private. Sharing too much of your new relationship with the public could cause you to fear the same result if things end, which can add unnecessary stress to your current situation. Keeping this quiet and revealing selective details is a great alternative to sharing everything if you don't want to!

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**2. Work-life separation:** If you have a relatively public career, you may desire to keep other aspects of your life private, such as your relationships. Having a private relationship while working in the public eyes is a great way of ensuring you don't feel like the public knows everything about your life, and takes the pressure off your partner if they are not used to their lives being incredibly public.

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**3. Value privacy:** Some people simply value their privacy and do not want everyone else knowing the details of their relationship. This desire for privacy is a valid reason for keeping details of your relationship to yourself. Share what you wish to share, and keep the rest as details between just you and your partner.

**What are some other reasons to keep details about your relationship to yourself? Start a conversation in the comments below!**

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## **Celebrity Couple News: 'Bachelorette' Tayshia Adams Picks Her Final 3 And Sends Someone Home**



 By Nicole Maher

In the latest [celebrity news](#), *Bachelorette* Tayshia Adams narrowed down her remaining contestants to just three men after hometown dates. According to *UsMagazine.com*, Adams hoped these dates would provide an opportunity to get to know both the men and their families better. The [reality tv](#) star went on four individual dates during the episode and made the heartbreaking decision to send one man home.

# In celebrity couple news, Tayshia Adams is down to her final three suitors. What are some ways to know that someone is right for you?

## Cupid's Advice:

Sometimes we encounter a person who we find both attractive and kind, but inevitably do not have the best chemistry with. These situations can be challenging because you may be reluctant to let go of someone when nothing is necessarily wrong, they are just not your perfect match. If you are looking for some ways to know that someone is right for you, Cupid has some advice for you:

**1. Your bond feels natural:** While it may not be love at first sight, creating a bond with someone should feel easy and natural if they are the right person for you. There may be awkward silences in conversations or mild miscommunications while you are getting to know someone, but the overall progression of the relationship should never feel forced.

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**2. You're progressing at the same pace:** There is no set timeline that you need to follow when you are getting to know or dating someone new. However, the two of you should be progressing at relatively the same pace as the relationship continues. If one person is still holding back months into the relationship, it may be a sign they are not the right person for you.

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**3. You don't feel stressed:** Your intuition is your best friend when starting a relationship with someone new. Sometimes we still feel stressed with things appearing to be going perfectly, which may be a result of some underlying factor you are avoiding. If the current situation you are in causes you to feel a constant low level of stress, it may be a sign that person is not your perfect match.

**What are some other ways to know if someone is right for you? Start a conversation in the comments below!**

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## **Food Trend: The Best Pre-Workout Foods**



 By Nicole Maher

We've all heard the saying that abs are made in the kitchen, right? As we move through the new year, many of us may be trying to stick to resolutions revolving around getting in shape. However, it can be frustrating if you are going into your workouts feeling tired or like you haven't seen any results yet. These feelings could be products of the foods you're eating before beginning your fitness routine. Try incorporating some of the following [food trends](#) into your pre-workout routines this year to help you stay energized and experience the best results.

**Check out these five food trends to**

# pick the perfect pre-workout food for your fitness plan.

**1. Oats:** Oats make for the perfect pre-workout food because of their high fiber content. Their high ratio of fiber allows them to release carbohydrates at a slower rate than other foods. This slow release of carbs over the course of a workout rather than all at once will help you maintain a consistent energy level throughout your exercises rather than experiencing an abundance of energy followed by a hard crash. Oats that are less processed, such as Irish oats, are generally better as a pre-workout snack.

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**2. Grilled chicken:** If you're looking to take on a big workout for the day, or are taking part in some kind of athletic event, it is important to eat something that is high in protein. Grilled chicken is the ideal protein-packed food because it is healthier than fried chicken options. If you are looking to build muscle mass over time, incorporating grilled chicken into your regular weekly diet is also helpful in experiencing the best results from your workouts.

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**3. Bananas:** Bananas are one of the most beneficial and versatile foods when it comes to preparing for a workout. You can either enjoy a banana as a snack before heading to the gym, or mix one into a pre-workout smoothie. This fruit has plenty of natural power as it is packed with both carbohydrates and potassium. Ninety percent of the calories in bananas are carbs, which help fuel both the body and the mind during a workout. The potassium found in this pre-workout food also helps support nerves and muscles as you make your way through different exercises.

**4. Greek yogurt:** Like chicken, another food that is packed full of protein is Greek yogurt. While regular yogurt is also a good option, Greek yogurt typically has less sodium and more protein, making it a better pre-workout snack. This protein will help build and protect your muscles during your workouts. Mix this food trend with some fruit to gain the best results in your workout. The added fruit to Greek yogurt will give you some extra carbohydrates as you get ready to workout, which will help keep your energy levels high.

**5. Trail mix:** Following the trend of protein, another great option for building and maintaining muscles is trail mix. It is the nuts found in trail mix that are the largest source of protein. However, these nuts are also typically high in fat, which would not make them the best option if your main objective of working out is to lose weight. Opting for a trail mix with dried fruit rather than chocolate is also a good way to make this food trend more effective, as the fruit offers more carbohydrates and cuts back on the calories found in chocolate.

**What are some other pre-workout foods that can help you make the most of your fitness routine? Start a conversation in the comments below!**

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## **Beauty Trend: How to Take Care of Your Skin in Cold Weather**



 By Nicole Maher

While winter is a wonderful time of year, it certainly does not do wonders for your skin. Whether it's the harsh winds outside or the dry air coming from indoor heating, your skin will likely be in need of some extra nurturing this winter. By incorporating some of the following [beauty trends](#) into your skincare routine, you will be ready to take on the winter months with skin just as hydrated as it is in the summer.

## Check out these five beauty trends for taking care of your skin during the colder months.

**1. Inspect your skin daily:** The best way to prevent yourself from experiencing major dry skin or irritation this winter is to inspect your skin regularly. While patches will undoubtedly appear in areas after spending a lot of time outside or in an overly-heated room, monitoring them before they get too big will help with treatment. While your face may be your main focus for treating dry skin this winter, be sure to keep an eye on your legs and stomach as well as these places are also susceptible to experiencing dryness.

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**2. Prioritize moisturization:** No matter your skin type, having a moisturizer in your skincare routine this winter is a must. While you may be tempted to switch to a heavier moisturizer during the winter, it is actually more beneficial to continue using one that works best for your skin type. If you are extremely prone to dry areas during colder weather, talk to a dermatologist about using a medicated moisturizer. If you often experience breakouts or acne from certain products, try finding a moisturizer that does not have an oil-based formula.

**Related Link:** [Beauty Advice: Overnight Beauty Tips to Wake Up Looking Your Best](#)

**3. Keep wearing sunscreen:** Sunscreen is the secret to healthy skin all year long. It may not seem like a priority in the winter because you aren't spending your afternoons in the hot sun, but the colder temperatures do not make the strength of the sun any weaker. If you live in an area that experiences snowfall, the reflection of the sun on the snow can also lead to harsh sunburns. Be sure to keep a sunscreen-infused moisturizer or makeup primer in your routine this winter to protect your skin just as you would do during the summer months!

**4. Watch out for rosy tint:** While a rosy tint on your cheeks might be considered cute during the winter, it is actually a sign that your skin needs some help. The pinkish color that appears on your skin is a sign that it is drying out and may eventually lead to dry patches. If your skin begins to turn a darker shade of pink or red, it may be a sign that you have broken capillaries under your skin, which are usually caused by heavy winds. If this is the case, use the beauty trend of natural facemasks, with ingredients such as honey and avocado, to treat the damaged areas.

**5. Don't neglect your lips:** One of the most crucial areas of your skin and face to pay attention to this winter is your lips. While having chapped lips at some point is likely inevitable in a colder climate, being sure to treat them and leave the house prepared is a must. Putting a hydrator on your lips before leaving the house in the morning or going to bed at night is a good way of preventing any major dryness. It is also important to carry around some kind of chapstick with you throughout the day to apply as your lips get dryer. Keeping your lips hydrated will prevent them from cracking or splitting and causing irritation with the surrounding skin on your face as well.

**What are some other ways to take care of your skin during the colder weather? Start a conversation in the comments below!**

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# Parenting Advice: How to Help Your Kids Deal with Zoom Fatigue



By Nicole Maher

As an adult who may be working remotely, you are mostly likely experiencing your own bouts of Zoom fatigue. Unfortunately, the same feeling could be present in your child as they continue or move to fully remote learning. Dealing with both your own Zoom fatigue and that of your child can be challenging, so try implementing some of this [parenting advice](#) to help you both conquer the struggles of working and learning remotely.

**Use this parenting advice to help your kids deal with Zoom fatigue as the pandemic continues.**

**1. Acknowledge your child's frustrations:** In an age where you are likely feeling an overwhelming amount of stress as a parent, it is still important to acknowledge the stresses of your child. If your child appears sad or angry due to their use of Zoom rather than being about to go to school physically, it is important to understand these feelings are valid. Allow your child to talk openly about being upset or frustrated with online learning and canceled extracurricular activities and show them that you are there as a supportive

outlet through their struggle.

**Related Link:** [Parenting Tips: Combating Parental Burnout During the Pandemic](#)

**2. Balance the work and fun:** Zoom does not need to be used solely for online learning and meetings. One way to help your kids combat Zoom fatigue is to plan some online sessions that revolved around entertainment rather than just schoolwork. By planning online playdates with your child's friends, or having them speak to over relatives over Zoom, they will not see the platform as something solely reserved for work. While an overuse of Zoom for entertainment purposes can still lead to Zoom fatigue, adding in a few fun sessions every once in a while should help your child think positively of the platform.

**Related Link:** [Parenting Tips: Create a Positive Learning Environment at Home](#)

**3. Change up the environment:** While having a designated work area may help them focus, sitting in one place everyday to complete schoolwork or sit through classes can be exhausting for your kids. By occasionally changing up the location to somewhere else in the house, your child may feel slightly refreshed when logging onto Zoom that day. If your child does have trouble focusing, reserve one location for Zoom learning and a different one for Zoom playdates and conversations. This will help your child associate different locations with the need to study and others with rewards.

**4, Allow for the occasional skip:** If your child was feeling sick or having a terrible day, you would probably allow them to miss a day of in-person class under normal circumstances. Even though their lessons are taking place remotely, this allowance to skip on bad days should still be present. By allowing your child to take the day off when they are not feeling well, you will prevent them from associating any

negative feelings toward Zoom sessions, which could make their remote learning and online fatigue even more apparent in the future.

**5. Step away from the screen:** Zoom fatigue can be carried and transferred from other screens even when your child is not in a learning environment. Try to control the amount of screen time your child experiences throughout the day, such as watching television or playing video games, so that they can take a break from technology altogether. Even if it is something as simple as going for a walk for half an hour or playing a board game after dinner, including activities not related to screens throughout the day can help your child deal with future Zoom fatigue while online.

**What are some other ways to help you kids deal with Zoom fatigue? Start a conversation in the comments below.**

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## **Travel Tips: How to Plan for a 2021 Vacation in the Midst of COVID-19**



 By Nicole Maher

Nearly everyone who had a vacation planned for the year of 2020 needed to cancel due to the rise of COVID-19 cases across the world. However as 2021 approaches, with established health guidelines and the hope of vaccines, you may be wondering if the new year will allow you to travel again. While the state of the world is changing constantly, travel experts have



revealed some [travel tips](#) for planning a vacation in the upcoming year.

## **Use these travel tips for planning a safe and enjoyable vacation for 2021 in the midst of COVID-19.**

**1. Plan in advance:** It is important to plan a vacation in advance under normal circumstances, but planning one during a pandemic makes this step even more necessary. Travel agents recommend that you should book your tickets six to nine months in advance if you are looking to travel during 2021. This will allow you to get the best price on plane tickets, which will likely be limited, and likely allow for some time to cancel the trip if necessary.

**Related Link:** [Travel Advice: Socially Distant Vacation Ideas](#)

**2. Research airlines:** Airlines were one of the industries that needed to make the most changes following the spread of COVID-19. While your main priority in the past may have been taking the airline with the best deal, it is now more important to pick the airline that is the safest for your health. Use this travel tip to look at which airlines have maintained their new protocol the best and have been linked to the fewest possible cases of the virus. It is also important to look at the capacity of the planes and determine if you feel safe traveling with that number of passengers.

**Related Link:** [Travel Tips: What to Pack in Your Carry-on During a Pandemic](#)

**3. Anticipate changes:** One thing we've all learned throughout the course of this pandemic is that things change quickly. Even though it is important to plan your vacation well in advance, it is also essential to understand you may not know

if the trip is confirmed until weeks before. This is especially important when traveling internationally, as many countries are changing their travel restrictions every few weeks. Having a smaller backup plan in case your trip gets delayed is a good way of accommodating any possible changes.

**4. Support affected destinations:** The pandemic has hit everyone hard over the past year, but there are some areas that have struggled more than others. When planning your trip for 2021, it could be beneficial to look into what travel destinations have experienced the largest financial hit since the beginning of the virus. Many of these travel destinations are smaller islands that make most of their revenue off of tourists. Make the most of your next vacation by escaping somewhere nice and helping out the local community while you are there!


**5. Consider your health and safety:** At the end of the day, there is nothing more important than your health and safety when traveling this upcoming year. Look into destinations that prioritize social distancing guidelines and have throughout cleaning plans. If possible, try to book a living space that does not share any common areas with other guests, such as a private house and separate villa at a resort. If your destination experiences a spike in virus cases prior to your visit, consider the option of rescheduling your vacation until it is safer.

**What are some other ways to plan a safe vacation in the midst of COVID-19? Start a conversation in the comments below.**

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# Fashion Tips: Perfect Holiday Gifts for Your Fashion-Forward Friends



 By Nicole Maher

Even when you've been friends with someone for a long time, it can be challenging to find the perfect holiday gift for them. This challenge is even greater when you gravitate toward a different fashion style than your friend, or simply do not have the same interest in fashion as they do. You may find yourself what is currently on-trend, and what will be forgotten about as we enter the New Year. If you're struggling to decide on a present this holiday season, take a look at some of these [fashion tips](#) for selecting the perfect fashion-forward presents.

## Check out these fashion tips for selecting the perfect holiday gift for your fashion-forward friend.

**1. Layered jewelry:** One of the easiest gifts to give a fashion-forward friend is an accessory, and jewelry is no exception. One of the largest jewelry trends at the moment is layered necklaces or rings, making this the perfect gift to give this holiday season. Determine if your friend is a fan of gold or silver jewelry, or if they like to mix metals, then gift them with a few pieces that they can add to their next outfit to take it to the next level. Many places offer layered jewelry in predetermined packages if you are unsure how to select different pieces, or as individuals if you want to make

the gift more unique.

**Related Link:** [5 TikTok Fashion Trends to Follow](#)

**2. Patterned booties:** Booties are a trend that keep coming back every winter season. If your fashion-forward friend lives in a cooler climate, or is simply a fan of booties no matter the weather, gifting them with a new pair is a great option. While styles of booties may stay consistent over the years, patterns often change each season. Go for something super trendy by picking out a pair of animal print booties, or go for something more classic like a two-toned neutral pair.

**Related Link:** [Fashion Tips: How to Dress Up Your Sweatpants](#)

**3. Fashion subscription:** It can be challenging to keep up with fashion trends, especially if it is something you are not particularly interested in yourself. If you're not sure about the newest fashion trends, or your friend's style is super eclectic, buying them a fashion subscription is a great option. You can either opt for a fashion magazine subscription that will keep your friend up-to-date on all the newest trends, or go for a clothing-box subscription which allows your friend to test out different [kaszinó](#) pieces without needing to keep them.

**4. Statement handbag:** Handbags can be the perfect holiday gift because they don't require you to know any specific sizes of your friend. Just like booties, handbags are a consistent outfit staple but go through pattern changes with each season. Quilted and embellished handbags were both large trends toward the end of 2020, making them great options for a winter-ready handbag. If you are looking for a more cost conscious gift, use this fashion tip to buy your friend a matching wallet to a bag they already own. Wallets are typically lower in cost, and by purchasing one in a pattern your friend already owns, they are sure to love it!

**5. Trendy jacket:** Jackets have become such a dominant fashion

trend that they are now acceptable to be worn in nearly every climate. If your fashion-forward friend lives in a colder climate, or has a more cozy aesthetic, going for a teddy-coat is the best option. If your friend lives someplace that tends to be warmer, or likes sleeker silhouettes, faux leather jackets and trench coats are a nice on-trend option.

**What are some other fashion tips for selecting the perfect gift for your fashion-forward friend? Start a conversation in the comments below!**

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# **Celebrity News: Khloe Kardashian Posts Cryptic Messages One Day After Tristan Flies to Boston to Join Celtics**



By Nicole Maher

In the latest [celebrity news](#), Khloe Kardashian posted a series of cryptic messages the day following Tristan Thompson's arrival in Boston to join the Celtics. According to *UsMagazine.com*, the Kardashian sister shared a series of inspirational quotes on her Instagram stories about focusing on the positives of life. The [celebrity couple](#) has experienced a rocky relationship with allegations of Thompson's cheating first surfacing in February of 2019, but plan to split their time between Los Angeles and Boston.

# In celebrity news, Khloe Kardashian may be dealing with a long distance relationship after Tristan flew across the country to join his new basketball team. What are some ways to make a long distance relationship successful?

## Cupid's Advice:

Long distance relationships can be difficult to navigate, no matter how prepared you may feel to take on the challenge of living in different places. However, with some hard work, long distance relationships can be successful. If you are looking for ways to make a long distance relationship work, Cupid has some advice for you:

**1. Have a communication plan:** When you are not physically near someone, it can feel more tempting to want to talk to them more often. However, if you're expecting to talk to your partner all day when it is not realistic for either of your schedules, you may find yourself getting disappointed. Selecting methods of communication and times to talk early-on in a long distance relationship can help manage expectations and avoid conflict.

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**2. Plan enough visits:** Even if you have good communication in your different locations, it is still important to make the effort to see each other in person. Trying to see each other relatively often, as well as making sure both partners are making the effort to travel if possible, is a great way to

strengthen a long distance relationship.

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**3. Focus on the end-goal:** Every long distance relationship is going to experience hardships relating to the difference of location, which makes it especially important to focus on your end goal. If the distance is only temporary, focus on working toward being in the same location again. This reminder that the distance is only a phase in your relationship will help the two of you work through the challenges connected to it!

**What are some other ways to make long distance relationships successful? Start a conversation in the comments below!**

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## Celebrity News: 'Bachelorette' Clare Crawley Says She's 'Going Through Things' After Thanksgiving with Dale



 By Nicole Maher

In the latest [celebrity news](#), former *Bachelorette* Clare Crawley alluded to some troubles in her [celebrity relationship](#) with Dale Moss after the pair spent this Thanksgiving together. According to *UsMagazine.com*, Crawley provided insight into the issues of their relationship in an Instagram

caption, and explained how being a [reality television star](#) does not “exempt” her from having real emotions. The pair made history after getting engaged after just two weeks on the show this past season.

## **In celebrity news, things may not be rainbows and roses for Clare Crawley and her new beau, Dale. What are some signs your relationship needs help?**

### **Cupid’s Advice:**

Every relationship is bound to run into issues at some point, whether it is early-on or after some time. While tough to navigate, these issues can point you to the areas of your relationship that need some more attention. If you are looking for some signs that your relationship needs help, Cupid has some advice for you:

**1. You’ve stopped trying to problem-solve:** In a healthy relationship, most issues are addressed with problem-solving and compromise. However, if these issues have caused you to avoid discussing possible solutions and led you to avoid the topic altogether, then it is a sign that your relationship needs help. Looking for new areas of compromise or different communication strategies may help you work through this rocky period.

**Related Link:** [Celebrity News: New ‘Bachelorette’ Tayshia Adams Defends Contestants After Taking Over for Clare Crawley](#)

**2. You’ve purposely spent less time together:** Everyone needs a break from the partner occasionally, even if it is just for a few hours. But if you find yourself looking for extra



opportunities to spend some time away from your partner, it may be a sign that your relationship needs help. This person should be considered a safe-space in your life, not someone you are looking to avoid.

**Related Link:** [Celebrity News: DeAnna Pappas Hints At Clare Crawley's Relationship Status with Dale Moss](#)

**3. You have fundamental differences:** Especially in newer relationships, it can be exciting when you have a lot in common with your partner, but challenging when you start discovering differences. Large fundamental differences, such as desired living situations and future ideas of marriage and children, can reveal areas of your relationship that need help. If both partners are willing to compromise in some areas, it could easily become a resolved issue.

**What are some other signs that a relationship needs help? Start a conversation in the comments below.**

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## Celebrity News: Tamera Mowry Says Quarantine Tested Her Marriage to Adam Housley



 By Nicole Maher

In the latest [celebrity news](#), Tamera Mowry revealed that being quarantined with her husband Adam Housley tested their marriage. According to *UsMagazine.com*, Mowry described both herself and her husband as workaholics, and said that being home together constantly was a change to which they needed to

adapt. The [celebrity couple](#) tied the knot in May of 2011, and share two children together.

## **In celebrity news, Tamera Mowry is opening up about the test she and her husband are going through due to COVID-19. What are some ways to cope with being quarantined with your partner?**

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

Quarantine has proved as a relationship test for even the strongest of couples. While you may love your partner endlessly, being confined to one home for months on end can test your relationship. If you are looking for some ways to cope with being quarantined with your partner, Cupid has some advice for you:

**1. Allow for some alone time:** Just because you and your partner are in the same house does not mean you have to be together the entire time. As quarantine progresses, you may feel the need to have some time apart. Taking a few hours every day or so to relax or sit on your own can help prevent any frustrations or tensions you may be feeling with your partner. If possible, safely getting some alone time by going for a walk or drive is also a good option.

**Related Link:** [Celebrity Vacation: Maren Morris Celebrates Ryan Hurd's Birthday with Romantic Getaway](#)

**2. Have off-limit areas:** Quarantine can make any living space feel claustrophobic after some time, so designating some areas that are reserved for each partner is a good idea to maintain

the peace. If you are working from home, an office is a great space to reserve for yourself. In smaller living situations such as apartments, having a designated chair where your partner knows to give you space can also work.

**Related Link:** [Celebrity News: New 'Bachelorette' Tayshia Adams Defends Contestants After Taking Over for Clare Crawley](#)

**3. Plan in-house events:** Despite feeling confined to your partner because of quarantine, it is still important to nurture the relationship by scheduling things to do together. By doing at-home dates such as cooking together or watching a movie, it will show your partner that you still want to spend quality time with them. This miniature date can help relieve some tension and make your partner more willing to give you space when you need it.

**What are some other ways to cope with being quarantined with your partner? Start a conversation in the comments below.**

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# **Fitness Tips: How to Stay Consistent with Exercising this New Year**



 By Nicole Maher

With the new year comes new motivation to start exercising and achieving your fitness goals. However, sometimes this motivation disappears quickly and we find ourselves falling out of our fitness routines early on. If you are looking to create a workout routine that you can stick to all year, try

incorporating some of the following [fitness tips](#) to start you off on the right path as the new year begins.

## **Use these five fitness tips to help you exercise consistently in the New Year.**

**1. Set realistic goals:** One mistake that many people make when setting fitness goals at the beginning of the year is to expect extreme results right away. Rather than starting out the year with one large goal, try to make smaller goals for you to achieve as the year progresses. Having a smaller amount of weight to lose each month, or a specific food to cut back on, is better than focusing on one large goal that may end up seeming unachievable. As you reach your smaller goals, you will eventually reach the same end result you desired from the beginning.

**Related Link:** [Fitness Tips: The 6 Best YouTube Workouts to Try Right Now](#)

**2. Recruit a friend:** You are more likely to stick to any kind of routine when someone else is holding you accountable, so recruiting a friend to help you through your fitness journey is a beneficial step. While you and your friend may not be able to workout together, or even have the same fitness plan, having someone to report to following a workout can make you more likely to complete it. Keeping a weekly planner where you can cross-off completed workouts is another great way to hold yourself accountable and feel like you are making progress.

**Related Link:** [Fitness Tips: 5 Yoga Poses for Stress Relief](#)

**3. Expand your plan:** You may have so much motivation in the beginning of the year that you overload yourself with new workouts. However, making your fitness routine too big at the

beginning can cause you to burnout faster. Instead, try making a fitness plan that allows for room to grow and expand. Focus on one or two specific areas of fitness for the first few weeks, then gradually add different workouts as the year progresses. This will make you feel even more productive as well as allow your body to gain the necessary strength needed to complete a heavy fitness routine.

**4. Make it enjoyable:** When you are doing workouts that you don't necessarily enjoy, it makes it much more difficult to stick to your plan. Rather than selecting the most popular workouts, or the ones that are promised to give you the best results, use this fitness tip to select workouts you know that you'll enjoy. If you are not a huge fan of running, try getting cardio in other forms, such as dancing. The more you enjoy your personal workout routine and look forward to completing it each day, the more likely you are to stick with that plan long-term.

**5. Have patience with yourself:** One of the main reasons that people give up on their fitness goals shortly after starting is because they lose patience. In a world of two-week diets and short fitness plans, it is normal to feel frustrated when we don't see results as quickly as promised. However, it is usually both unrealistic and unhealthy to drastically change your body that quickly. Rather than losing patience and quitting your plan early on, keep reminding yourself that fitness plans take time to get the desired results, and that everyday you're getting closer to your goal!

**What are some other fitness tips to help you exercise consistently throughout the New Year? Start a conversation in the comments below!**

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# Celebrity News: Vanessa Hudgens Opens Up About What She Wants in an Ideal Partner After Split



By Nicole Maher

In the latest [celebrity news](#), Vanessa Hudgens revealed what she wants in the ideal partner following her [celebrity break-up](#) with Austin Butler. According to *UsMagazine.com*, Hudgens is open to dating someone whether they are in the public eye or not. Hudgens and Butler separated in January of this year after dating for nearly nine years. Since their break-up, Hudgens has revealed that she has not been dating amid the coronavirus pandemic and her busy acting schedule.

**In celebrity news, Vanessa Hudgens is reevaluating what she looks for in a partner after her split from Austin Butler. What are some ways to learn from a break-up?**

## **Cupid's Advice:**

Although challenging, break-ups provide a great opportunity for learning lessons from a past relationship, as well as determining what you want out of future relationships. If you are looking for some ways to learn from a break-up, Cupid has some advice for you:

**1. Set priorities:** Break-ups provide a great time to reestablish your priorities and expectations about what you want in a future relationship. While you likely had an idea of your priorities before you even started dating, going through an unsuccessful relationship can reveal what you truly need from a partner to make things work. Take this time to update your priorities so that you know what is a must-have the next time around.

**Related Link:** [Celebrity Break-Up: Julianne Hough Files for Divorce from Brooks Laich 5 Months After Split](#)

**2. Establish deal-breakers:** Deciding on deal-breakers is just as important as setting priorities. A person can have all of the characteristics you favor, but if they have a major lifestyle habit that you disagree with, it can cause conflict in the future. Deal breakers also don't have to be "negative" attributes about the person, but can simply be factors like distance and the type of relationship you are both looking for.

**Related Link:** [Celebrity News: Machine Gun Kelly Says He's a 'Better Person' After Falling in Love with Megan Fox](#)

**3. Consider external factors:** When we're in a relationship, we sometimes tend to put that aspect of your life above others. Break-ups are a great time to look at other aspects of your life and decide if you'd like to spend some time improving them as well. By working to better yourself professionally or mentally between partners, you will enter your next relationship with a more solid foundation and be ready to put in all the necessary effort.

**What are some other ways to learn from a break-up? Start a conversation in the comments below.**

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# Food Trends to Watch in 2021



By Nicole Maher

With the new year comes a new list of food trends that promise to keep you feeling your best. However, with the introduction of new dieting options and superfoods flooding the market in early January, it can be difficult to determine which food trends are actually beneficial to your lifestyle. Take a look at these five [food trends](#) that are predicted to grow in 2021 to see if any of them would be helpful additions to your current diet.

## Check out the newest food trends to watch as we enter 2021.

**1. Purées:** One of the largest food trends that is expected to grow in 2021 is often referred to as “adult baby food.” While that may not sound overly appetizing, what people are actually referring to are gourmet purées. These purées come in a variety of flavors, such as rosemary, rhubarb, and sweet potato. They can either be added to meals as a side-dish, or serve as a healthy snack throughout the day. Many of these purées also come in small pouches which make them the perfect snack to toss in your bag as you leave for the day.

**Related Link:** [Food Trend: 6 Must-Have Kitchen Gadgets](#)

**2. Larger breakfasts:** With many people working from home, larger breakfasts have become more common. While breakfast dishes such as pancakes and waffles used to be reserved for



the weekend, that doesn't need to be the case in 2021. If you find yourself having more time in your daily schedule due to working from home, take some time each morning to prepare a larger breakfast. If you are looking for healthier options, vegetable omelets and granola bowls are some great dishes to try. Larger breakfasts can also prevent any extra snacking throughout the day.

**Related Link:** [Food Trend: The Next Big Fruits & Vegetables Trends](#)

**3. Alternative oils:** Over the past few years, many people have started to switch out processed oils for more natural options while cooking. This trend is likely to continue into 2021, with a few new oil options being added to the mix. Keep an eye out for food trends such as sunflower seed oils and walnut oils as healthier alternatives when cooking. These types of products are similar in health benefits and dietary restrictions as oils we have seen become more popular in recent years, such as coconut and avocado oils.

**4. Chickpeas:** Chickpeas are forecasted to be one of the largest food substitutes of 2021. While this food may already be present in your fridge as hummus, it is beginning to expand into other dishes. Similar to cauliflower, chickpeas have started to replace other ingredients in foods such as pizza crusts, pastas, and baked goods. Chickpeas are also a great option for people with dietary restrictions, as many products that use chickpeas as a replacement are gluten free and lower in carbs.

**5. Veggie jerky:** Vegetarianism and veganism are incredibly popular diets, and that doesn't seem to be changing for the year of 2021. With so many people removing meat and animal products from their diets, more substitutes have been hitting the market. Vegetable and fruit jerkies are among the newest products to make an animal product vegetarian-friendly. These jerkies give you the same texture as one made out of meat but

consist of your favorite fruits and vegetables instead!

What are some other food trends to look out for in 2021? Start a conversation in the comments below!

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# Celebrity Break-Up: Olivia Wilde Ditches Engagement Ring After Jason Sudeikis Split



 By Nicole Maher

In the latest [celebrity news](#), Olivia Wilde has removed her engagement ring after her [celebrity break-up](#) with fiancé Jason Sudeikis. According to *UsMagazine.com*, Wilde was first spotted without her ring while spending some time at a horse stable in Los Angeles, California. The couple began dating in November of 2011 and announced their engagement in January of 2013.

**In celebrity break-up news, Olivia Wilde is no longer sporting the engagement ring she got from ex Jason Sudeikis. What are some physical ways you can cope with a break-up?**

**Cupid's Advice:**

One of the hardest things to deal with in a break-up is letting go of some of the physical reminders of your relationship. If you are looking for some physical ways you can cope with a break-up, Cupid has some advice for you:

**1. Lose the jewelry:** Whether it's an engagement ring or a necklace, taking off any jewelry that was given to you by your ex is a good first step in removing physical reminders of your break-up. This will also give others the clue that your relationship has ended without you necessarily needing to tell everyone verbally. After some time has passed, you can decide what to do with the jewelry long-term.

**Related Link:** [Celebrity Break-Up: Lamar Odom & Fiancée Sabrina Parr Call It Quits](#)

**2. Clean your social media:** In the modern age, nearly everyone in a relationship has shared some pictures with their partner on social media. Another physical way of coping with a break-up is to clear that person from your field. This can include archiving pictures of you two together, removing tags from past photos, and muting or unfollowing your ex's account.

**Related Link:** [Celebrity News: Alex Trebek's Wife Shares Photo of Their Wedding After Thanking Fans for Support After His Death](#)

**3. Put away past gifts:** While you may have a sentimental attachment to some of the gifts your ex has given you in the past, it is a good idea to remove these gifts from view. Just like with jewelry, placing the gifts you've received in a box and putting them away for a while can help take your mind off the break-up. Once your emotions have settled, then you can decide what to keep, return, and get rid of.

**What are some other physical ways that can help you cope with a break-up? Start a conversation in the comments below.**

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# Beauty Advice: 6 Last Minute Holiday Gift Ideas for a Beauty Guru



By Nicole Maher

The holidays are just days away, and if you are just now realizing you've forgotten a gift for someone, you are probably not alone. With the craziness of the holiday season, it's normal for everyone to be scrambling for last minute gifts. Beauty products are always a great option for last minute gifts as the options are endless and beauty trends are constantly changing. Check out the [beauty advice](#) below to find the perfect gift for the beauty guru in your life.

**Use this beauty advice to find the perfect last minute holiday gift for your beauty guru friend.**

**1. Makeup brush set:** Makeup brands and celebrities are constantly coming out with new brush sets, especially around the holiday season. This makes makeup brushes the perfect gift to give the beauty guru in your life. For a larger gift, purchase the complete set of brushes. If you are looking for a smaller option, many brush sets can be broken down into different areas of the face, such as eyeshadow brushes or blush and bronzer brush sets.

**Related Link:** [Beauty Tips: A Guide to Your Favorite Celeb](#)

## [Beauty Lines](#)

**2. Facial moisturizer:** Many people have a relatively consistent skincare routine, so it can be challenging to buy someone a facial cleanser. However, moisturizers are a good alternative as they are likely to be compatible with more skin types. Search the beauty market for new facial moisturizers that offer different benefits, such as targeting specific dry areas or doubling as a primer for makeup. Moisturizers with some form of sun protection are also great options for your beauty loving friend.

**Related Link:** [Beauty Trends: 5 Ways to Make Your Eyes Pop](#)

**3. Hair styling tool:** If you are looking for a gift that is a little bit larger, hair styling tools are a great option. With so many new hair tools hitting the market each year, you should have no problem finding one that your beauty guru friend doesn't own yet. Classic styling tools include straighteners and curling irons, which can be useful if your friend is in need of a replacement. Less conventional options include blow-out brushes and styling attachments for hair dryers, which could help your friend find their new favorite hair style!

**4. Setting spray:** It can be challenging to buy someone a makeup product if you are unsure of their exact skin tone in terms of foundations and concealers. This makes the gift of setting spray a great option for someone who loves makeup, as it does not need to match any specific shades. It is also something that they may use more frequently than some other makeup-centered gifts. Use this beauty advice to buy your friend a refill of their go-to setting spray, or give them the opportunity to try out a new product by gifting them with one they've never tried.

**5. Body scrub:** Another great option for the beauty guru in your life is the gift of a body scrub. This is another product

that does not require any color matching, and is typically compatible with most skin types. Go for floral smelling body scrub if your friend is a big fan of scented products, or go for something more natural if they are into clean, chemical-free products. Like many of the other beauty advice gift ideas, body scrubs come in a variety of sizes and prices, making it a good option for any budget this holiday season.

**6. Manicure set:** Whether as a hobby or way of saving some extra money, many people have been opting to give themselves at-home manicures rather than heading to the nail salon every few weeks. If you know someone who always has their nails freshly painted, an at-home manicure set could be a great gift option. For a smaller gift, go for a set that includes the basic manicure tools and a few nail polish colors. For a larger option, go for a nail dryer or UV-gel manicure light to help them perfect their new hobby!

**What are some other last minute holiday gifts for a beauty guru? Start a conversation in the comments below!**

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## **Celebrity News: Alex Trebek's Wife Shares Photo of Their Wedding After Thanking Fans for Support After His Death**



 By Nicole Maher

In the latest [celebrity news](#), Alex Trebek's wife shared a

wedding photo of the couple after thanking his fans for their support. According to *People.com*, Jean Trebek shared a photo on Instagram following the death of her husband and host of *Jeopardy!* Trebek passed away at the age of 80 after fighting stage four pancreatic cancer for nearly two years. The [celebrity couple](#) had been happily married for twenty-nine years at the time of his passing

## **In celebrity news, Alex Trebek's wife is thankful for the support of the public after Trebek's passing from cancer. What are some ways to cope if your partner passes away?**

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

No matter how much time you may have to prepare, losing the life your partner is heartbreaking. While the support and wishes of loved ones can help, there will still be strong feelings of loss. If you are looking for some ways to cope with a partner's passing, Cupid has some advice for you:

**1. Give yourself time:** One of the easiest and most effective ways to cope with a loss is to give yourself time. While it sounds simple, many people try to force their way through the grief process so their life can return to some form of normalcy. However, this can cause issues to rise in the future, so giving yourself ample time following the loss of a partner is the best way to cope with their absence long-term.

**Related Link:** [Celebrity Break-Up: Lamar Odom & Fiancée Sabrina Parr Call it Quits](#)

**2. Consider your surroundings:** It is important to take into account your surroundings following the loss of a partner.

Decide whether going places you enjoyed together brings you peace or makes you upset. The same consideration should be thought about in terms of your partner's belongings. Consider whether being surrounded by items that remind you of them is beneficial or harmful in your personal healing process.

**Related Link:** [Celebrity Break-Up: 'RHOBH' Star Erika Jayne & Tom Girardi Split After 21 Years Together](#)

**3. Tell their stories:** Sometimes when we lose someone we love, we tend to stop talking about them. However, just because they are no longer physically does not mean that you have to completely remove them from your life. After enough time has passed, continue to share the memories you created with your past partner with others to help in remembering them.

**What are some other ways to cope with the loss of a partner? Start a conversation in the comments below.**

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## **Celebrity Baby News: 'Bachelor in Paradise' Contestant Krystal Nielson Is Pregnant with First Child**



 By Nicole Maher

In the latest [celebrity news](#), former *Bachelor in Paradise* contestant Krystal Nielson revealed that she is expecting her first child with boyfriend Miles Bowles. According to *UsMagazine.com*, Nielson revealed the couple is expecting a



[celebrity baby](#) in a video posted to YouTube. Nielson and Miles made their relationship official this past October following Nielson's split from her husband Chris Randone. Nielson and Randone had been married for roughly eight months before their deciding to separate.

## **In celebrity baby news, *BiP* star Krystal Nielson is pregnant with her boyfriend of eight months. What are some ways to prepare a newer relationship for a baby?**

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

Having a child can be a large adjustment for any relationship, especially one that is relatively new. If you are looking for some ways to prepare a newer relationship for a baby, Cupid has some advice for you:

**1. Balance responsibility:** There is a lot of planning and preparation that comes with expecting a child. Be sure that these responsibilities are balanced between you and your partner. While one of you may be responsible for getting the nursery ready, the other may take on the task of baby-proofing the kitchen. Balancing these types of responsibilities is a great way to get both of you involved and excited about the child you are having.

**Related Link:** [Celebrity News: New 'Bachelorette' Tayshia Adams Defends Contestants After Taking Over for Clare Crawley](#)

**2. Discuss expectations:** Having a child can drastically change the dynamic of a relationship, so discussing future expectations is a must. Topics such as child care plans, living situations, and the future of your relationship are

important to have early on to avoid conflict later. If you and your partner have different expectations, find ways to work through them and compromise for the benefit of your future child.

**Related Link:** [Celebrity News: DeAnna Pappas Hints At Clare Crawley's Relationship Status with Dale Moss](#)

**3. Continue relationship growth:** Even though you may be focused on preparing for your child, it is still important to prioritize the growth of your relationship. Continue to go on dates and spend time together that does not revolve around child-preparation activities. This will show your partner that you view them as equally important to your future child and get them excited about becoming a family!

**What are some other ways to prepare a newer relationship for a baby? Start a conversation in the comments below!**

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## Parenting Tips: 5 At-Home Activities for the Winter



 By Nicole Maher

The winter season is upon us, and that usually means a short break in the school year for many children. While you may usually use this time to travel, your seasonal family vacation may be swapped with staying at home this winter due to the ongoing pandemic. However, this doesn't mean that all plans have to be canceled. Make the most of this time at home by testing out some of these [parenting tips](#) and trying a new at-home activity with your children.

# In these parenting tips, check out five at-home activities to share with your children this winter.

**1. Home-theater night:** Movie nights are the perfect winter activity, even if you have to do them from home rather than going to the theater. Try to maximize the experience by adding movie theater elements, such as popcorn and candy as you get ready to watch the movie together. Turning your living room into a theater by dimming the lights or building a pillow fort is also a great way of making the night feel more special. Once everything is set up, get ready to stream the newest release, or re-watch a family favorite with your kids.

**Related Link:** [Parenting Tips: Combating Parental Burnout During the Pandemic](#)

**2. Bake together:** Staying home this winter provides the perfect opportunity to bake with your children. Whether you are opting for a boxed mix or trying out a recipe from scratch, baking together is a great way to spend time with your children while teaching them a little bit about the kitchen. Baking and decorating cookies is a good option for younger children while older kids may find more interest in something slightly more complicated, like decorating a cake. Try testing out a new recipe each week so that each baking experience feels new to your child.

**Related Link:** [Parenting Tips: How to Juggle a Job and Parenting](#)

**3. Game tournament:** Family game nights are a staple in many households. Make the most of this ongoing family tradition by hosting a game tournament one night this winter. Allow each member of your family to select their favorite game and take turns playing them. If you live with multiple other people,

you can spread this activity out by doing it over the course of a week. Use this parenting tip to introduce your children to games you enjoyed when you were younger, as well as to find a new game that you all enjoy playing together.

**4. Virtual family get-togethers:** It can be challenging to be away for family members for a long period of time. If your family is missing out on a holiday or annual get-together this year due to the pandemic, try hosting the event virtually instead. While virtual hang-outs are not the same as spending time in person, it still allows you to have conversations and keep everyone involved. Rather than hosting one large virtual get-together in place of a holiday, try doing smaller ones over the course of the winter months.

**5. Read together:** As a parent, you may find yourself looking for ways to get your child away from the screens during the winter months. Reading a book together is a great parenting tip for continued learning and quality bonding time. With younger children, try reading a book to them at some point throughout the day to help them stay on track academically. With older children, try finding a book that you'll both enjoy so that you can read it together and discuss your favorite characters.

**What are some other at-home activities to share with your kids this winter? Start a conversation in the comments below!**

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**Celebrity News: New  
'Bachelorette' Tayshia Adams**

# Defends Contestants After Taking Over for Clare Crawley



By Nicole Maher

In the [latest celebrity news](#), new *The Bachelorette* Tayshia Adams defended the character of the remaining male contestants after taking over for Clare Crawley. According to *EOnline.com*, Adams described the men as “phenomenal” while discussing the season on the *Bachelor Happy Hour* podcast. The [reality tv star](#) describes that during Crawley’s time on the show, very few of the men had the opportunity to express their personalities, which changes as the season advances with Adams.

**In celebrity news, Tayshia defended the men on her season of *The Bachelorette* after taking over for Clare. What are some ways to find love in an unusual setting?**

## **Cupid’s Advice:**

Even if we are not planning on going on a dating television show, it is still possible to find love in unconventional settings. However, these settings may cause us to feel closed off or skeptical. If you are looking for some ways to find love in an unusual setting, Cupid has some advice for you:

**1. Drop preconceived ideas:** When we find ourselves in a new setting, we often have preconceived ideas about what the people and experiences will be like once we arrive. In order to give the idea of finding love a fair chance, it is

important to get rid of those preconceptions. Having a clean slate and open mind is the best way to find love in unusual situations.

**Related Link:** [Celebrity News: DeAnna Pappas Hints At Clare Crawley's Relationship Status with Dale Moss](#)

**2. Don't force anything:** Sometimes when approaching a situation with the hope of finding love, we may unintentionally feel ourselves trying to force a connection. Even in unusual settings, it is better to let things progress naturally. Make sure that the person you are finding interest in is someone you would want present in your normal life as well, and not simply the best option out of the people around you.

**Related Link:** [Celebrity News: Former 'Bachelor' Colton Underwood Says Cassie Randolph Dropped Restraining Order](#)

**3. Take advantage of your time there:** Whether your unusual setting is a business trip or simply your local gym, it is important to take advantage of the time you have there. If you are looking to find love, use every opportunity to talk to the people around rather than waiting for them to approach you. By using your time wisely, you'll open as many doors as possible for potential bonds.

**What are some other ways to find love in an unusual setting? Start a conversation in the comments below!**

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## **Travel Advice: 5 Cold Weather**

# Getaway Spots in the U.S.



 By Nicole Maher

The summer months have come and gone as we get ready to welcome the winter season. Depending on where you live, you may be experiencing a change in weather for the next few months. Whether you are living in a warmer climate and looking to partake in some winter activities, or live somewhere colder and looking to escape the snow, we have some [travel advice](#) for you.

## Check out our travel advice on five cold weather getaway destinations in the United States.

**1. New Orleans:** For northerners looking to escape the cold weather for a few days, New Orleans, Louisiana is a great place to visit. This city experiences a slight shift in temperature, making the winter months less hot than the summer ones. February is the prime time to visit New Orleans as it houses the city's annual Mardi Gras celebration. If you're planning on taking part in the festivities, it is important to plan your trip well in advance, as hotels fill quickly. The surrounding weeks around Mardi Gras are also great options to take in the culture and enjoy the weather.

**Related Link:** [Travel Tips: Traveling Safely This Mid-Pandemic Holiday Season](#)

**2. Hanover, New Hampshire:** If you're looking for someplace where you can take part in a variety of winter sports, New Hampshire is the place to visit. Places such as Dartmouth College in Hanover, New Hampshire host extensive winter

festivals with ski-racing, ice sculpting, and polar plunges. Temperatures can drop relatively low during the winter months, so be sure to pack a heavy jacket and extra pair of gloves. If you're looking for someplace with a smaller winter festival, there are many towns and cities across New England that offer similar experiences on a smaller scale.

**Related Link:** [Travel Advice: U.S. National Park Must-Sees](#)

**3. Death Valley:** If you prefer sand over snow, visiting Death Valley National Park is a great option this winter season. While temperatures reach well over one hundred degrees Fahrenheit in the summer, they drop to the seventies during the winter months, making a midday hike much more enjoyable. This national park spans across both California and Nevada, and offers endless scenery options such as the Badwater Basin and towering sand dunes.

**4. Alaska:** For those brave enough to tackle the coldest of climates, Alaska is a beautiful place to visit during the winter months. Larger locations in Alaska such as Fairbanks and Anchorage offer events such as train tours and dog-sledding that allow you to take in all the winter scenery and spot some wildlife. Use this travel advice to visit between the months of September and March for your best chance at catching a glimpse of the Northern Lights.

**5. New York City:** If you're looking for a middle-of-the-road type of option, New York City is the best of both worlds. The temperatures are low enough to make it feel like winter, but there are plenty of opportunities to escape inside to warm up. The holiday season is a great time to take a trip to the city if you're looking to take in some decorations or ice skate at Rockefeller Center. Watching the ball drop New Years Eve from Times Square is also an unforgettable New York City experience.

**What are some other places to visit in the United States**



during the winter months? Start a conversation in the comments below!

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# Fashion Tips: How to Style an Outfit for Zoom Meetings



By Nicole Maher

At this point, you may have gotten used to working from home and adjusted to the world of Zoom meetings. In the beginning of quarantine, the idea of completing your job while lounging on the couch in sweatpants sounded amazing. However, months have passed and you may feel yourself having the desire to get dressed up for work again. If you are looking to impress your coworkers next time you log-on to a Zoom meeting, try incorporating some of these [fashion tips](#) to style a perfect outfit.

## Check out these five fashion tips when putting together your next Zoom meeting outfit.

**1. Patterned blouses:** An easy way to catch attention in your next Zoom meeting is to wear a patterned blouse. Larger patterns work better than smaller patterns when visible on the computer screen, as smaller patterns may not focus as well or produce too much movement. Patterns that include contrasting colors are also a great option so that your blouse appears even more vivid to your fellow virtual meeting attendees.

**Related Link:** [Fashion Tips: How to Make Your Outfit Stand Out](#)

**2. Well-fitted clothes:** When working from home, it can be tempting to remain in oversized t-shirts and sweatshirts all day. However, well-fitting clothes make for better outfits when attending Zoom meetings. The clothes you're selecting don't need to be tight or form-fitting, but consist of a good structure. Try using this fashion tip to incorporate some collared blouses or structured sweaters into your Zoom meeting attire and get ready to receive all the compliments from your coworkers.

**Related Link:** [Fashion Tips: Keep it 'Corona Casual'](#)

**3. Fun accessories:** Accessories are the best way to elevate any outfit, whether in person or on Zoom. When attending your next Zoom meeting, focus on accessories for the upper half of your body, as that will most likely be more visible. Throwing on some layered necklaces and matching earrings is a great way to accessorize a Zoom-friendly look. Different hair clips and headbands are another fun way to draw attention to your outfit.

**4. Bright makeup:** Doing your makeup for a Zoom meeting is another way to look put together and draw attention to your outfit. As the camera focus on computers isn't always the highest resolution, bright and bold accents of makeup will translate better than subdued colors. Try going for a colorful eye look or deep-colored lip to grab everyone's attention. Because Zoom meetings are often more casual than in-office meetings, focusing on one makeup accent should be enough!

**5. Good lighting setup:** A secret you may know from taking pictures is that lighting is everything! While you may have the perfect outfit on, poor lighting can cause it to translate poorly through the computer's camera. Harsh overhead lighting or lighting from one side can cause awkward shadows on your face and outfit. For your next Zoom meeting, try positioning

yourself in front of a window or tabletop lamp to ensure equal lighting across your screen and eliminate any strange shadows.

**What are some other ways to style outfits for Zoom meetings? Start a conversation in the comments below!**

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# **Celebrity Break-Up: Lamar Odom & Fiancée Sabrina Parr Call It Quits**



 By Nicole Maher

In the latest [celebrity news](#), Lamar Odom and Sabrina Parr have decided to call off their engagement. According to *UsMagazine.com*, Odom and Parr's [celebrity break-up](#) stems from personal issues that Odom needs to work through on his own. The couple was engaged in November of 2019, just three months after first being seen together in Atlanta, and had planned their wedding for November 2021.

**According to Sabrina, this celebrity break-up is a result of Lamar Odom needing to work on himself. How do you know if you're**

# in a good place mentally and emotionally for a relationship?

## Cupid's Advice:

Sometimes the state of a relationship is dependent on internal factors, such as mental and emotional readiness, rather than external factors. If you are wondering if you're mentally and emotionally ready for a relationship, Cupid has some advice for you:

**1. You have other outlets of happiness:** Being in a relationship should be one of the highlights of your current life, but it should not be your only outlet of happiness. If the only thing that truly brings you joy is being around your partner, then you may not be mentally or emotionally ready for a relationship. Placing all of your happiness on one person can lead to unhealthy standards and more disappointments even if neither partner is in the wrong.

**Related Link:** [Celebrity Break-Up: Julianne Hough Files for Divorce from Brooks Laich 5 Months After Split](#)

**2. You're happy with the timing:** When you are in a sound mental and emotional place, you are often happy with the progression of your life. If you are content with the rate at which your relationship is moving, as well as how it fits into your life overall, then you are ready to be in that relationship. However, if you feel that this relationship will cause you to miss out on different areas of your life, you may be in the spot to commit mentally.

**Related Link:** [Celebrity Break-Up: 'RHOBH' Star Erika Jayne & Tom Girardi Split After 21 Years Together](#)

**3. You've processed past experiences:** An obstacle that many people face in relationships is getting over negative past

experiences caused by an ex. If you are entering a new relationship but are still holding onto issues caused by a past partner, you may not be emotionally ready. However, if you've processed and coped with these past issues, then you are likely in a good spot to go forward with a relationship.

**What are some other ways to tell if you're mentally and emotionally ready for a relationship? Start a conversation in the comments below.**