

Tuesday Truths 2/15/22

I hope everyone had a very nice Valentine's Day!

Once again, I will take a short detour in honor of St Valentine.

Although the true origin is vague, the most famous story is that St Valentine was a priest who defied the emperor's orders. He secretly married couples to spare husbands from war. According to the legend, we celebrate the anniversary of St Valentine, who died in mid-February in 270 AD.

Medieval author Chaucer in 1381, is considered the origin of the modern celebration of love by historians. His poems connect St Valentine to the celebration of love.....solidifying that belief.

Formal messages or valentines appeared in the 1500s. By the 1700s, cards commercially printed were being used. In the US, cards were being printed the 1800s, commonly with Cupid, the Roman God of Love, along with hearts.

Now traditionally gifts include chocolate & flowers, particularly red roses, the symbol of beauty & love.

### **I have 6 Ways LOVE is Good for Your Health:**

#### **1. Love makes you happy!**

- Falling in love produces the feel-good brain hormone & **Dopamine** is the **reward!**
- It is a mood intensifier that makes you feel you are on "Cloud Nine."

#### **2. Love busts stress**

- After the honeymoon phase subsides, Dopamine is replaced with Oxytocin, known as the "bonding hormone."
- That "warm & fuzzy" feeling with your partner is good for your health!

#### **3. Love eases anxiety**

- Being in love can help mitigate anxiety
- Lower your stress levels & brighten your overall mood.
- Once again, chemical brain hormones are working together in reducing stress & anxiety.

#### **4. Love makes you take better care of yourself.**

- Partners encourage each other to take care of each other
- Sometimes a partner will notice signs of a health problem before others do.

## 5. Love helps you live longer.

- Research has shown that married couples enjoy greater longevity than singles.
- Making “Death til we part” even a BIGGER commitment!
- Having a partner can hold you accountable for healthy behaviors
- And steer you away from bad ones.

What about if you are partnerless? There is some good news for the unattached. A 2010 review in the Journal of Public Library of Science Medicine wrote that longevity benefits are linked to ALL close social relations, not just ROMANTIC. Meaning close friends, family, children, grandchildren.....Valentine’s Day has expanded to an expression of LOVE among family & friends.

## 6. Self-Care – Is a Mental Health MUST

- It’s about centering yourself, investing in your relationships,
- Prioritizing your mental well-being
- Remember that it isn’t selfish to look after yourself!

So..... give yourself some LOVE on Valentine’s Day & EVERY DAY!

**Here are 6 Simple Self-Care Steps** I would like to leave with you critical for your well-being

- 1. Acknowledge yourself** - You have limits & they are crucial to honor your health. You have needs dreams & you deserve affection, rest, & grace like everyone else. You are worthy of the time to pursue what makes you happy!
- 2. Gift yourself** - When was the last time you did this? Got Extra sleep or buy a colorful water bottle to encourage hydration. If nothing else, a moment of GRACE, FORGIVENESS, OR ACCEPTANCE every now & then.
- 3. Restore yourself** - Think back to when you felt happy as a child, walking in the grass, playing in the park, looking at the stars & listening to crickets in the evening. Try to re-create those simple pleasures.
- 4. Speak up for yourself – Get SUPPORT**  
Voice the “unspeakable” to a trusted soul
  - "I need help."
  - "I'm afraid."
  - “I haven’t felt like myself in a while

**5. Take the pressure off yourself** - What are you telling yourself?

- "I'm not good enough."
- Try setting realistic expectations.
- Let go of other things

Ask yourself....Did you show up for yourself? If the answer is YES...*that is more than enough!*

**6. Notice the good in yourself** - Take a moment to recognize any challenging obstacles you have overcome, lessons have learned, or how far you have come? Then, try to see through the eyes of those who love you.....

- They see **never-failing love.**
- Try to see it too!

That's it for today!

- There is FEAR in LOVE
- The Fear of Rejections
- The Fear of Loss
- The Fear of Being alone
- The Fear of letting Go ....to except LOVE into YOUR Life as we go Through LIFE! **AGE-GILITY!**