

February Focus:

The Five Love Languages and Our Relationships

The 5 love languages refer to 5 ways people express and experience emotional affection in relationships.

Physical Touch:

showing care through intimate and affectionate physical contact like hugging, kissing and hand holding.

Quality Time:

expressing love by fully focusing attention on your partner through shared activities, conversation, and togetherness.

Words of Affirmation:

communicating affection through spoken and written praise, appreciation, encouragement, and frequent "I love you's".

Understanding your primary love language can enhance communication, deepen emotional connection, and foster a greater sense of intimacy in your relationships.

Receiving Gifts:

giving meaningful surprises and symbolic presents to celebrate affection.

Acts of Service:

doing thoughtful deeds and gestures to help make your partner's life easier by relieving burdens.

FEB 13TH is SELF-LOVE DAY

Here are a few ways you can incorporate the 5 love languages into your self-love care!

Words of Affirmation

- Set reminders on your phone throughout the day with uplifting phrases.
- Write an affirmation letter to yourself.

Acts of Service:

- Prepare a nourishing meal.
- Organizing cluttered space.

Receiving Gifts

- Treat yourself to your favorite snack.
- Give yourself a "Self-Love" jar filled with encouraging notes.

Physical Touch

- Give yourself a massage.
- Wrap yourself in a cozy blanket and cuddle.

Quality Time

- Disconnect from social media, be fully present with yourself.
- Spend time alone doing something you enjoy.

Contact Us!

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