

## *Do It For Your Heart!*

1. Enjoy a smoke-free environment.
2. Indulge in 5-9 fruits and veggies daily.
3. Get physical for 30 minutes, 5 days a week.
4. Keep your BMI between 19-26 (refer to last month's "STEPS").

**AND . . .  
have some  
ROMANCE!**

## A VALENTINE FOR YOURSELF! TAKE CARE OF YOUR HEART

To enhance the health of your heart and your relationship, psychologist and researcher John Gottman, recommends that you have 5 times as many positive to negative moments together. How?

1. Make time daily to show interest in your sweetheart's day.
2. Show affection with touch, smiles, and expression.
3. Demonstrate and talk about your appreciation to have her/him in your life.
4. Show your concern when she/he is upset or stressed.
5. Strive to understand and accept feelings that are different from yours.
6. Accept imperfection (your's and your mate's) and learn to work with it.
7. Joke around and play with your mate.
8. Share your joy, especially about the relationship (remember how you did that when you were first together?)

## HOW TO RUIN A PERFECTLY GOOD RELATIONSHIP:

1. Don't just complain about something your partner has done, criticize character and personality by name calling and insults. Add reminders that he/she can't be trusted because "you always . . ." and "you never . . ."
2. Demonstrate your contempt by framing everything your partner does negatively and refuse to acknowledge any positives.
3. When your partner talks to you about something you've done that is upsetting, respond by making excuses, denying the importance of what he/she is saying, and defending the rightness of your position.
4. Withdraw emotionally from the relationship, don't speak to your partner and/or ignore her/him completely.

For professional consultation regarding your important relationships, employees and dependent family members may call Workplace Solutions for a free, confidential, in-person appointment.