

Will you be My Valentine?

Ugh, it's Valentine's Day, again!

Fun for some, but for many it can be yet another reminder about being single. Please try to remember one thing - Valentine's Day is just another way for retailers to increase sales post-holidays. That's really all it is.

However, it is important to have a plan and to remember a few things.

- Make a date with your single friends. Friends are great. They are sometimes more fun than a date. So, make a plan with a good friend(s) of how you are going to spend the day/ evening. Valentine's Day is on the weekend this year. You and your friend could even plan a weekend away! (Away from couples!)
- Remind yourself that it's just a day and the day will pass. Just because you are single now, does not mean that you will be single forever.
- It's ok to eat chocolate!
- Splurge on yourself. Get a manicure. Get a massage. Buy a new outfit. Etc.
- Enjoy your pet. Animals give unconditional love.

Also, it is ok to feel sad and lonely on Valentine's Day. If you are feeling drepressed or the day is triggering past memories of rejection and pain, please talk to someone. Just talking about it may make you feel better.

You don't need to be alone. Reach out!