

Valentines Day

Its origins stem from fertility festivals of ancient Rome, when young women were not given candy or flowers. They were whipped with strips of animal hide because they believed that this would make them more fertile. A couple of centuries later, Christians celebrated a priest named Valentine, who secretly performed marriage ceremonies for soldiers when the emperor had forbidden it. By the 1400's Valentine's Day was firmly established in England, but the emphasis was on little rituals, such as drawing names out of a bowl, to discover the identity of one's true love.

In recent decades Valentine's Day has become increasingly commercialized. TV and magazine ads depict models with perfect bodies and perfect teeth giving each other chocolates, jewelry and back rubs. The message is: "Your love is measured by what you buy."

Modern relationships are difficult enough without having to stage a major performance on a designated day. People agonize over choosing the valentine card and gifts hoping that they can choose the right one.

This is not what love is all about. Love is much more complex than flowers and chocolates. Social psychologists have been studying interpersonal attraction and love for almost four decades, and they still haven't figured it out completely. What is known, however, is that love relationships are multidimensional. Sexual attraction, or what some people call "chemistry" is only one ingredient of a love relationship, and not even the most important one.

Distinctions have been made between passionate love and companionate love. Passionate love is an intense longing for the other person. It is accompanied by extreme feelings: ecstasy when things are going well, and despair when things are rocky. Passionate love is also characterized by physical sensations, such as rapid heartbeat and "butterflies" in the stomach.

Companionate love does not have the fire and the heat that passionate love does, but it can more than compensate in the form of closeness, trust and affection. Furthermore it lasts much longer than passionate love, which subsides relatively quickly.

Another way of defining love is in terms of three components: passion, commitment and intimacy. These interact with one another in various combinations, so that no two relationships are alike.

What does all this have to do with Valentine's Day? If you wish, buy that card or those flowers, go ahead, but keep in mind that this is not a maker or breaker of a relationship. Better yet, show your partner love and consideration on the other 364 days in the year. It will make a greater impact than doing so according to the calendar.

HIDDEN WAYS TO HELP YOUR HEART

Good News--a healthy heart is within everyone's reach. You know some of the rules: Eat less fat; eat more fruits and vegetables; and keep blood pressure and blood cholesterol levels in check. **But there are more ways to boost heart health:**

Don't Skip Breakfast. Most heart attacks occur between 7 a.m. and noon—possibly because the cells that help blood to clot, called platelets, are stickiest then. Eating breakfast appears to make platelets less sticky...and less likely to clump together and block a vital artery.

Lighten Up. People who overreact to stressful situations are more likely to have heart trouble. In one study, people whose blood pressure and heart rate jumped the most during frustrating tests were also the ones most likely to have reduced blood flow to the heart.

Take Antioxidants — vitamins A, C, and E, and beta-carotene— that appear to slow plaque formation in the arteries.

Kick Tobacco if You are Using it. Smoking affects more than your lungs. Fact is, within a few years of quitting, you'll cut your risk of heart attack by at least half, similar to those who never smoked.

Exercise. Just a half hour of moderate physical activity most days of the week can deliver fitness benefits similar to traditional exercise routines. So walk briskly. Take the stairs. Play actively with kids. Live longer!



Compulsive Gambler?

20 Questions:

What is "Problem Gambling?..."

Problem gambling is gambling behavior which causes disruptions in any major area of life: psychological, physical, social or vocational. The term "Problem Gambling" includes, but is not limited to, the condition known as "Pathological", or "Compulsive" Gambling, a progressive addiction characterized by increasing preoccupation with gambling, a need to bet more money more frequently, restlessness or irritability when attempting to stop, "chasing" losses, and loss of control manifested by continuation of the gambling behavior in spite of mounting, serious, negative consequences.



1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing did you feel you must return as soon as possible and win back your losses?
8. After a win did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self destruction or suicide as a result of your gambling?

Most compulsive gamblers will answer yes to at least seven of these questions.

Successful communication in love relationships depend on humor and play

All emotional sharing builds strong and lasting relational bonds, but the sharing of humor and sheer delight adds a unique restorative and healing element. This kind of joint play is more than fun; it's an opportunity to relax, renew and refresh ourselves and our love relationships. Play, the most joyous form of nonverbal communication, enables those in love relationships to:

experience mutual joy – nothing in life is more delicious than sharing joy with a loved one

take hardships in stride – by allowing us to view our frustrations and disappointments from new perspectives laughter and play enable us to survive just about anything

smooth over differences – say things that might be difficult without creating a flap

simultaneously relax and energize themselves – play delights our nervous system relieving fatigue and relaxing our bodies

Adults also play in order to learn, to improve their health, be more creative, and enjoy work .HELP GUIDE

