

## Take time out to affirm your relationship

**Date: 10 February 2011**

The past few weeks of record floods and the more recent cyclone disaster has tested the resolve of thousands of Australians.

A natural disaster is physically very demanding, with much to do in terms of cleaning up, making insurance claims and replacing property. The emotional impact is also overwhelming, as those affected, begin the grieving process for what they have lost.

In difficult times such as these, the last thing many people may be thinking about is Valentine's Day, coming up on 14 February.

Nonetheless, Relationships Australia (SA) encourages all Australians to take some time out to acknowledge and appreciate their loved ones and the importance of their relationships.

Senior Relationships Counsellor, Margie von Doussa says,

***“There are so many ways to show your loved one how much you care and appreciate them – paying attention, being affectionate, using appreciative words, displaying acts of kindness and not taking each other for granted.”***

Even during the best of times, not all of us feel the same way about Valentine's Day.

Celebrating 14 February is an important way of injecting romance into an important relationship. For others, the day is a load of old rubbish and just another sentimental fad that Australians have imported from the US. And then there are those who sit somewhere in between.

***“People need to understand how their partner feels about Valentine's Day and the expectations they have. By ignoring the celebration, a non-romantic partner could be on the way to temporary relationship hell. Organising some sort of celebration to mark the day could be as simple as doing something you both enjoy that is also deeply meaningful between the two of you.***

***“If both partners are clear about each other's expectations and respond accordingly, the day and the days to follow are likely to go much more smoothly.”***

***You don't have to wait for Valentine's Day, a birthday or another significant event or day to show you care and appreciate each other. Do it any time.”***

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