

**TIPS ON HOW
SINGLE GIRLS
AND GUYS CAN
CELEBRATE
BEING SINGLE!**



Most of us at some time are challenged when it comes to managing our emotions.

“ **Emotions
derail us
from
making
practical,
problem
solving
decisions** ”

We actually experience emotional hangovers and feelings are contagious.

When you're happy, it is easy for others to feel happy around you.

When you're happy, it is easy for others to feel happy around you.

When you're sad it is incredible how the sadness brings down the mood of those around you.

When you are stressed or angry, it is really easy to escalate a conversation with someone to the point where both of you are feeling and behaving angrily.



LB

So when you're feeling a negative thought or emotion, take a deep breath and notice how the deep breathing calms you physically and emotionally.

Notice the shift in how your brain functions.

Replace the negative experience
with a positive one . . .

go to your happy place . . .

think of a positive moment or
experience.



Again, notice the difference.

LB

You can make a difference, you have choices.

After all, the goal is not to eliminate feelings but to become mindfully aware of what we are feeling and then make decisions on what to act on versus what is important to set aside for now.

Managing your emotions and reactions effectively actually increases your credibility with others while creating opportunities for building trust and better communication.

“ Timing is everything, slow down so you can cool down! ”

LB

Love is not about a particular day, cards, flowers or even being in a relationship.

The assumption that coupled people are happy and well loved can feed feelings of loneliness or isolation for people who aren't with someone.

The message a Dr Laura S. Brown, professor of psychology at Argosy University in Seattle says,



“The most important message that singles should remember is that love is not just for couples – it is for all of us.”

LB

The following are ways that single men and women can enjoy being single without worrying about the pressures and pitfalls that often come with pressuring of dating.

1. Do not define yourself by your relationship status.

Your relationship status is not your identity.

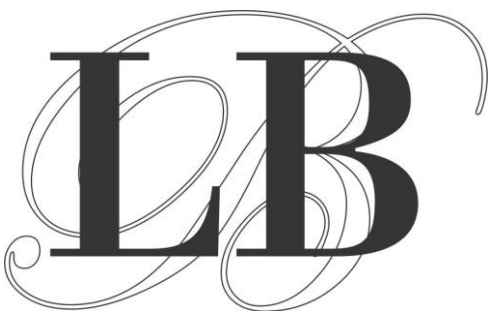
If you are single because of a recent loss, allow this to be a day of grieving.

2. Do not pretend that this is not a hard day.

Get support.

Realise that special occasions like Valentine's Day is not just about couples love but family love and friendships.

3. Spend the time with a great family member or friend.



4. So plan well ahead to do something nice for yourself.

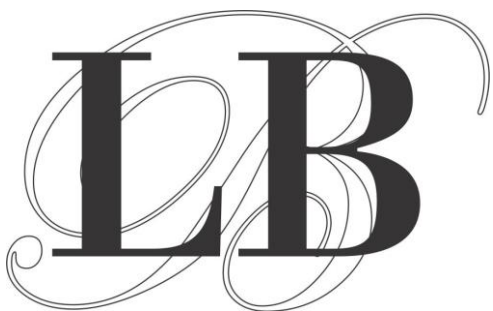
Le Beau has a Day Spa menu just for you.

Check out <http://day-spa-perth.com.au/spa-treatments-packages/a-la-carte-menu>

You may like to embark on whatever you choose to do in Step 4 with a friend or family member – ***the people who already have a relationship with you.***

**“ If you are single
and you like it,
now is the time to
affirm your choice. ”**

People who never marry or have a partner still maintain close, loving, emotionally intimate relationships and lives worth living.



LB

Do not allow a couple-driven culture define your choice as something that is wrong.

So the final word is to grab a friend or many friends and go out for dinner and enjoy a glass of wine or two.



Appointment Bookings