

10 Easy Ways to Say I Love You

Contributed by Linda Wilson
Monday, 11 February 2008

Everyone needs love. From the newborn baby who thrives on being cuddled by his parents to the geriatric in a nursing home who watches the door for a visit from a loved one, and all us in between. We need love. The need for love is instilled in us by our creator and no matter how we may try to deny it, the need is always there. We may try to deny it, we may try to avoid it, but it is always with us and it always will be. From birth to the grave, we need to give and receive love.

The importance of love is even scientific. Scientists know and openly state that being loved and giving love are beneficial to our health. So don't fight it. Accept the love that others offer to you and don't be stingy about giving love. February is known as the month of love; what better time than now to put the practices of giving and receiving love into action?

We live in such a busy society today. Often both spouses work and have little time for each other or their children.

Children are being raised in day-care centers, by nannies, etc and have little time with their parents. Children move away to better jobs and hardly see their elderly parents.

But that does not mean we can't still let them know how much we love them. Following are some simple ways to stay connected and to let our loved ones know how much we love them. Give some of these suggestions a try. You'll be amazed at how much satisfaction you'll get.

1. When a loved one leaves the house, give them a kiss or a hug and make it a point to tell them you love them.
2. Give a simple bouquet of flowers. They don't have to be elaborate to say I love you.
3. When packing lunches for a spouse or child, put in a one or two line note reminding them of your love.
4. Before going to bed, post a note on the bathroom mirror, refrigerator door or other spot where your loved one will find it shortly after they get up the next morning.

5. Pick up the phone and make a call to that loved one who is away. There's nothing like hearing the voice of loved one. Email and letters are nice but sometimes one just longs to hear a loved one's voice.

7. Make time for those you love. You may have to schedule it just like a business appointment. Do what ever it takes. Go to a favorite restuarant, the park, settle the family down and watch a movie together, play a game or work a puzzle. Your children just want to spend time with you.

They aren't picky about how that time together is spent.

8. Let your children know they are important to you.

Don't get so busy you miss their school programs, sporting events, music recitals or whatever they are involved in.

Sometimes actions speak louder than words!

9. When you are doing something special with your loved ones, keep them the center of your focus. Don't take them to the beach then sit in the shade working on your laptop.

They want you to swim with them, build sandcastles and be a part of what they are doing.

10. Kisses, hugs, longing glances, a wink are all ways a very busy person can silently communicate their love. When you get right down to it, it really is the little things that count.

I saw this little poem once and it has stuck with me. I have no idea who the author is but I feel it is worth

sharing:

Hold your loved ones close today, Whisper in their ear.

Tell them that you love them And you'll always hold them dear.

For tomorrow is promised to no one, Young and old alike.

Today may be your last chance To hold your loved ones tight.

That is good advice. Don't be afraid to let those you love know it. You'll be a happier, healthier person for it and so will they.

Remember the old saying, "Never put off until tomorrow what you can do today."

For more of Linda's writings and recipes, go to <http://diabeticenjoyingfood.squarespace.com>