

# Love and Romance

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## Happy Valentine's Day

The back story about Saint Valentine is tragically romantic. He was supposedly a priest who married people in secret because Emperor Claudius 2nd had banned marriage so men would be more willing to go to war. Valentine was arrested and while in prison he cared for his fellow prisoners and returned sight to a blind girl. He was executed on February 14<sup>th</sup> 270 AD and before

madly in love. And Cupid's arrow is still linked with the infatuation phase of romance. Anyone who has been in love has experienced the initial intoxicating combination of attraction and idealization. Wonderful as this can be it is usually accompanied by a sequence of emotional ups and downs ideally leading to a state of acceptance and stability.



his death he wrote a romantic message to her and signed it, "from your Valentine".

Because we all share the need to be admired and loved the romantic custom has been popular for over a thousand years.

But romantic love is a complicated topic. In Ancient Greece, Eros the God of Love had the power to make people fall

The challenge we face in moving through these phases can bring disappointment as more of our true personalities and preferences are revealed. Learning to compromise, and resolve conflict while still being able to voice your needs are all part of the skillset needed to navigate our way to a happy, fulfilling and committed union. Valentine's Day reminds us that romantic love is a very special gift.

## Marie Wellness clinic

As you can see the theme this month is all about love and romance.

Our need for love and belonging has led most of us into phases of infatuation, wonderment, disappointment and despair at some time in our lives. Love and romance are the inspiration behind numerous songs, movies and plays with heartbreak and longing as recurring themes. The road can be rocky but many relationships survive and go on to become a committed bond where their dreams are shared and realized.

Scientific research shows the brain activity of mature couples is very similar to that of those newly in love!

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