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# Connecting with Others in a Time of Disconnect

— Cynthia Smith, M.C., Registered Provisional Psychologist —

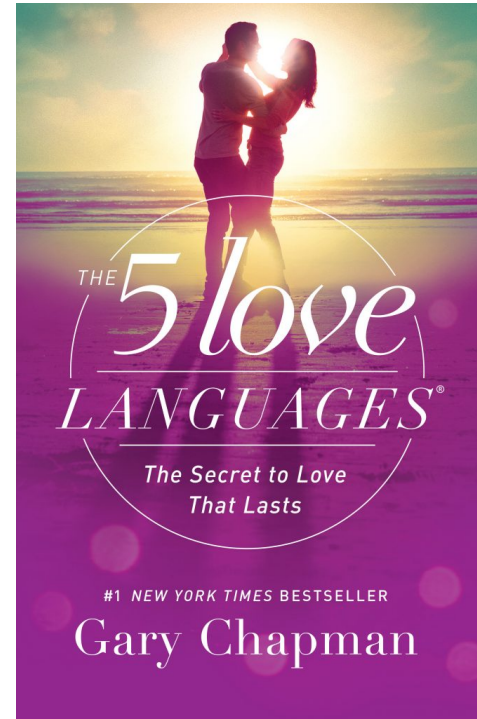
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# The Five Love Languages

By Gary Chapman

<https://www.5lovelanguages.com>



# What are the love languages?

- The need to feel loved is a primary human emotional need.
- Everyone has an “emotional love tank.”
- In order for us to feel secure, loved, and confident, our love tank needs to be full.
- When our tanks are full, we feel energized and able to reach our full potential. Emotional strength can fuel us through challenging days.



# What fills our emotional love tanks and what drains them?

## What fills our love tanks?

- Everyone in our lives can fill our love tanks: family, friends, coworkers, even strangers.
- Emotional support
- Understanding
- Affection
- Reassurance
- Time together

## What drains our love tanks?

- Feelings unloved
- Draining days
- Emotional outbursts
- Personal attacks
- Unnoticed efforts
- Conflict
- Broken trust
- Lack of affection



# The Five Love Languages

# Words of Affirmation

Those positive things we say to others that express love and appreciation



# Quality Time

Spending focused and undivided time with others



# Receiving Gifts

Tangible symbols that reflect thoughtfulness and effort



# Acts of Service

An act that relieves the burden of responsibility

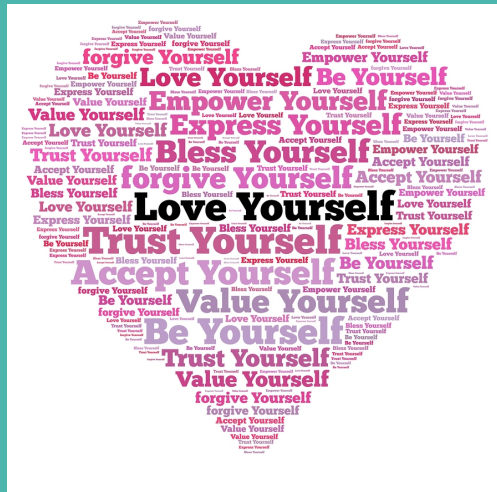


# Physical Touch

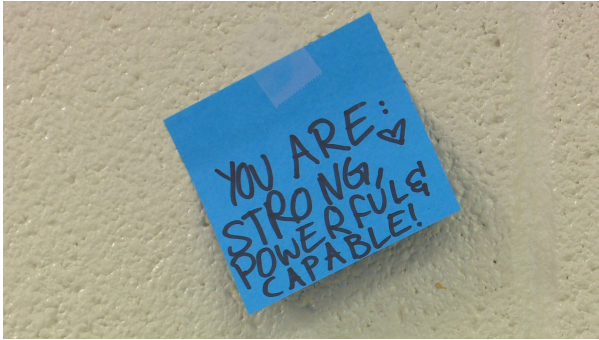
The hugs, cuddles, and all those other little touches



# Speaking Your Own Love Language



# Words of Affirmation



Giving yourself pep talks, encouraging yourself, giving yourself compliments. This includes:

- Positive self-talk
  - Journalling
  - Daily affirmations
  - Positive sticky notes
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# Quality Time



Spending time alone doing an activity you enjoy. This includes things like:

- Reading
  - Hobbies
  - Exercising
  - Meditating
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# Receiving Gifts



Treating yourself to gifts that make you happy. This includes:

- Picking up some craft items to try a new hobby
  - Getting a treat while out grocery shopping
  - Grabbing a coffee from your favorite place even though it might be out of the way
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# Acts of Service



Doing things for yourself that make you feel good and make life a bit easier. This includes:

- Delegating
  - Organizing
  - Planning
  - Scheduling
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# Physical Touch



Things that make your body feel good and focus on your physical well-being. This includes:

- Self-massage
  - Soft blankets and sweaters
  - Spa days
  - Body movement
  - Bubble baths and showers
  - Doing your hair and makeup
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# Applying the Love Languages to Others

# Words of Affirmation

- Call someone just to say you love them or are thinking about them.
- Send inspirational quotes to those you care about.
- Record a message for someone telling them how much they mean to you. If you are creative, you can draw or paint a picture of this.
- Someone's birthday: record and send them a "card."
- Get out those old pictures your kids drew, and put them up where they can see them when video chatting. Talk about those memories.
- Make up a series of notes for someone and tell them to open one each day.
- Leave chalk messages on someone's driveway.

# Quality Time

- Provide the words to your child's favorite book to grandparents, aunts, uncles etc, and either have them call and read to your child, or even record it.
- Create an online photobook or slideshow and share with others. You can even view it with the person and talk about the pictures. Grandparents would love to see "a day in the life of..."
- Share a recipe with someone, and both cook it, even as you video chat. Talk about how the recipe turned out, and even eat together.
- Set up a NetFlix Party.
- Set up an online board game night.
- Meet virtually for a coffee with someone.
- Challenge others to a photo scavenger hunt, and share pictures after, so text while doing so to stay connected.
- Challenge neighbours to a snowman contest, or a sidewalk chalk contest. You can even challenge friends and post and share pictures.

# Receiving Gifts

- Drop a note or gift off to someone. Or even mail it.
- Have the kids paint pictures and if you don't want to send the physical copy to someone, you can scan and send it.
- Doing crafts with the kids and have a pile, these can become gifts for others.
- Create "coupons" to give to others, that then allow them to connect i.e coupon for grandma good for one painting, or for a video chat at their choosing.
- If you hear a song you think someone would like, send it to them.
- Create a scavenger hunt for someone. Many parents out there are looking for things to do with their kids, having someone else create this for them, can be a true gift.



# Acts of Service

- Schoolwork help. Maybe parents need to work, but as grandparent or aunt or uncle, or even friend, you can video chat and help the kids with their school work.
- Additionally, maybe there is a new hobby someone is trying (i.e. learning to knit), and you can video chat and help them learn.
- Offer to pick up some groceries or craft supplies for someone else when you are going.
- Keep in mind too that an act of service relieves the burden of responsibility. Maybe you know a parents who is running out of things to do with their kids, or doesn't have the time to find things to do. Or maybe your friend is always the one to set up video chats or play dates. Taking on this task to find activities, or set things up, can go a long way to taking something off their plate.

# Physical Touch

- Think about the self love languages, as this will be quite similar. Bubble baths, cozy blankets and sweaters can go a long way. Encourage these with your loved ones by dropping off a care package that speaks their love language.
- Pull out that old cozy sweater or blanket that grandma made and send her a picture of you wearing it.
- Take pictures or videos of your kids with the stuffed animals that their loved ones bought them and send it to them.
- Don't forget just blowing kisses.

# Now what to do?

Once you know the love languages of those in your life, come up with a plan as to how to target this love language. Don't forget the other love languages too though, as all the love languages contribute to filling that love tank. And don't forget to top up your own at times as well.