

Sad on Valentine's Day? Spirit-Filled Psychologist Offers Survival Tips

Valentine's Day, the holiday that celebrates love and romance, isn't always as popular as it may seem. In fact, it serves up hurt and longing for many people, says psychologist and author Dr. Barbara Lowe.

But don't give up. On the *Dr. Barbara Lowe's Whole Life Podcast* on the Charisma Podcast Network, Lowe shares some tips to help you enjoy the day no matter what you're going through. "The Lord God Almighty loves you deeply and wants to meet your needs," she says.

"With any holiday, we have a lot of expectations," she adds. "And every holiday is so materialized by commercials that it is easy for us to build expectations that are impossible, and if you have recently lost your significant other or you've been betrayed, or you're in a difficult relationship, or you want to be in a relationship and you're not in one ... whatever you're going through, I want to encourage you that there is hope."

One of the ways to get through holidays, Lowe says, is by practicing self-care. If you're in a romantic relationship, she encourages you to "express your needs and wants. ... Let's say for Valentine's Day that what you're really needing is to feel loved, but your spouse is not very good at rising to the occasion. What can you do to ensure that you do feel loved [in a way] that is within your values? We don't want to go have an affair to make sure we're loved," Lowe says. She urges listeners to make themselves more aware of God's love and plan ahead for feeling loved by themselves or by friends.

"If you are single on Valentine's Day and you wish that you

were not single, instead of hiding through the day or burying yourself ... or trying to find a date that you are not that interested in to get through the day, why not plan a very special day and/or weekend for yourself?" Lowe says. "So I'm encouraging you to plan ahead, think about what you need. Think beyond that A need to the B, C and D options of how you could meet that need by yourself."

For more about how to not only endure but enjoy Valentine's Day, no matter what your relationship status, listen to this podcast.