

MEDIA RELEASE

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Take time out to affirm your relationship

The past few weeks of record floods and the more recent weekend deluge have tested the resolve of thousands of Victorians.

A natural disaster is physically very demanding, with much to do in terms of cleaning up, making insurance claims, replacing property. The emotional impact is also overwhelming, as those affected grieve for what they have lost.

In difficult times such as these, the last thing many people may be thinking about is Valentine's Day, coming up on 14 February.

Nonetheless, Relationships Australia Victoria (RAV) encourages Victorians to take a bit of time out to acknowledge their partners and the importance of their relationships.

RAV Centre Manager, Sue Yorston, says nurturing our relationships – paying attention, being affectionate, appreciative words, acts of kindness above and beyond doing our agreed responsibilities - is the most important thing we can do in our lives.

“During tough times, people often put this aside as they struggle to get through each day. Yet this is when it is even more important that you affirm your partner by expressing your love and reinforcing your commitment to each other. Taking even a few minutes to tell or show someone you love them can make all the difference.”

Ms Yorston acknowledges that even in the best of times, not all of us feel the same way about Valentine's Day.

She says that for some, celebrating 14 February is an important way of injecting romance into an important relationship. For others, the day is a load of old rubbish and just another sentimental fad Australians have imported from the US. And then there are those who sit somewhere in between.

“People need to understand how their partner feels about Valentine's Day and the expectations they have. By ignoring the celebration, a non-romantic partner could be on the way to temporary relationship hell. However, he or she could earn a lot of brownie points by organising some sort of celebration to mark the day. It does not have to be expensive, just something deeply meaningful between the two of you.

“If both partners are clear about each other's expectations and respond accordingly, the day and the days to follow are likely to go much more smoothly.”

“In the end though, the worth of your relationship will be judged by far more than whether your partner gets the Valentine's Day thing right. Don't take your partner for granted. Affirm them by expressing your love and celebrating each other, sometimes for no obvious reason. You don't have to wait for Valentine's Day, a birthday or another significant event to show you care. Do it every time.”

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