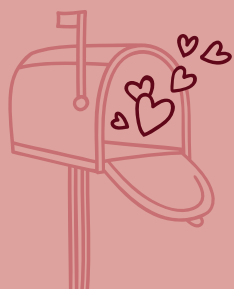


SPREAD THE LOVE:

# THE TOP 5 WAYS TO SHOW YOU CARE

Here are five simple ways to make each day feel like Valentine's Day for everyone in your life.



## 1. MAIL A CARD

We all still love getting a real letter in the mail. Buy or make a card. Write your heartfelt, caring thoughts. Put it in an envelope with a stamp. Send it off!



## 2. SAY THANK YOU

Is there someone at work who always brightens your day? Let them know by bringing them a sweet or treating them to a coffee.



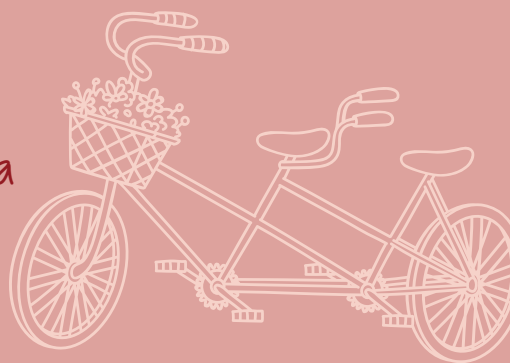
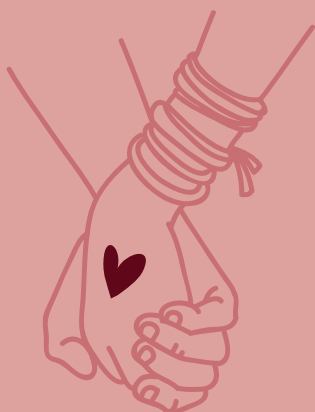
## 3. CELEBRATE THE WINS

Make a habit of sharing positive stories and good news with your family, friends, and coworkers—your joy is contagious!



## 4. GET MOVING

Shared activities can deepen the well of positive experiences in your relationship. Try a walk, a yoga class, or simply an afternoon puttering in the garden with a loved one by your side.



## 5. LOVE YOURSELF

Sometimes we forget to treat ourselves with the love, respect, and kindness we have for others. Carve out some time to do something just for you—because you deserve it!

