

Wellness InSTALLments

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This Month's Author: Josh Langkopp



**Programming Board
Summer Series
Library Lawn, 11am-2pm**

7/5—Personalized Dry Erase Boards & Shaved Ice

7/12—Personalized Dog Tags & Smoothies

7/19—Personalized License Plates & Key Lime Pie Stick

7/26—Personalized Phone Card Holder & Ice Cream

**SoVi Pool Party
7/19, 5pm-7pm**

Real love is when a relationship never ends, through positive and negative times.

The 5 Love Languages: The Secret to Love That Lasts was written by Gary Chapman in 2010.

Question of the Month

What is your Love Language?

Email us at pws@fgcu.edu with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

Love Languages, you say?

The 5 Love Languages

Often times many struggles in relationships can stem from a person not feeling loved or appreciated. Did you know that there are 5 different Love Languages? We aren't talking about different dialects, but instead are referring to a method of expression and type of interaction. **We interpret actions of love differently from one another. We tend to show love the way that we want to be shown love.** We forget that everyone is unique just like us. For example, you may prefer to find the perfect gift for your partner, while they prefer to spend quality time with you. Once you have an understanding of these five Love Languages, you can learn how to better show love to your significant other, roommates, friends and more! When starting a new relationship, it helps to discuss these Love Languages. It can strengthen your relationship as you get to know each other on a deeper level.

Well, what are they?



Words of Affirmation is when you love to have affection or appreciation expressed to you verbally.



Acts of Service is action-based and means you feel loved when others take time out of their day to do something for you.

Receiving Gifts means that you enjoy to receive gifts, whether purchased or handmade.



Quality Time is receiving love through undivided attention.

Physical Touch would be enjoying close intimacy and physicality.



Wait, so what's mine?

You can take the free online quiz to find your love language at www.5lovelanguages.com. In the meantime, here are some examples to help you determine your love language!

- ◇ **Words of Affirmation**— Enjoys hearing “I appreciate you” or “I am really proud of you.”
- ◇ **Physical Touch**— Enjoys hugging, holding hands, cuddling, and kissing.
- ◇ **Acts of Service**— Enjoys when someone does tasks such as folding laundry or cooking.
- ◇ **Receiving Gifts**— Enjoys receiving gifts that have a sentimental meaning to you.
- ◇ **Quality Time**— Enjoys spending time together talking or doing an activity.



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