

FEBRUARY 21, 2022

VOLUME 02

# The Family Corner Newsletter



## FEBRUARY IS A MONTH OF LOVE

February is a month to celebrate love.

Family love is a special type of love that comes with its unique feelings, behaviors, challenges, and rewards. Once you understand what it truly is, you can learn how to build family relationships by genuine love and care.

The importance of family love for emotional wellbeing cannot be underestimated. The quality of family love experienced by a person affects them all the way from infancy through adolescence into adulthood.

Love, as it occurs in the context of family, is unlike any other.

Your family members are the people you surround yourself with the most, who give your life meaning, and who you would do anything for.

They're the people that you can't live without, who you turn to when something good or bad happens. That's why it's important to understand each family member's love language.

In this month of love, tell those who hold a special place in your heart how much you love them.

## Newsletter Highlights

February is a month of  
love

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Developing love in the  
Family - Understanding  
Love Hormones

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The different types of  
love

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The Five love languages

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Why love is important in  
a family

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Importance of spending  
time together


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5 week Love Language  
Challenge

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Programmes to look out  
for this month

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# DEVELOPING LOVE IN THE FAMILY - UNDERSTANDING LOVE HORMONES

Dr Rose Zunga

Be intentional to grow love in your family. Love is one element that can not be neglected in a family. Family love is the glue that holds the family together. Each family member should be intentional in nurturing the development of love. One angle that could be strategic and intentional is developing the love hormones. There are four love hormones which are sometimes known as the happy hormones which promote positive feelings in human beings.

- ♥ Oxytocin hormone
- ♥ Dopamine hormone
- ♥ Serotonin hormone
- ♥ Endorphins hormone

If we work on understanding how to stimulate these hormones in our bodies it will help us to be intentional about developing love in our families.

**Oxytocin hormone** plays a role in social bonding, developing love and trust. This is important information to know.

**How do you increase oxytocin naturally?** Your body produces oxytocin naturally but if you want to increase it here are some activities you can do to increase it.

- \* Exercises
- \* Listen to music or make your own
- \* Get a massage
- \* Tell someone how much you care
- \* Spend time with loved one
- \* Meditation
- \* Cooking with someone you care about
- \* Have sex
- \* Cuddle or hug

**Serotonin hormone** is the key hormone that stabilises our mood, feelings of well-being and happiness. This hormone impacts our entire body. Serotonin also helps with sleeping, eating and digestion.

**How do you increase serotonin naturally?**

- \* Sun exposure
- \* Get a massage
- \* Go for a walk
- \* Practice gratitude
- \* Spend time in nature
- \* Listen to music



**Dopamine hormone** - 'the feel-good' hormone. It is the primary driver of the brain's reward system, it spikes when we experience something pleasurable. Dopamine is an important brain chemical that influences your mood and feelings of reward and motivation. Dopamine is released during situations in which people experience pleasure.

**How do you increase dopamine naturally?**

- \* Exercise regularly
- \* Consume probiotics
- \* Learn something new
- \* Do something creative
- \* Celebrate little wins
- \* Seek out new experiences

**Endorphins hormone** - endorphins are the body's natural painkillers. This hormone is responsible for relieving pain and creates a general feeling of well-being.

**How do you increase endorphins?**

- \* Laughing
- \* Listen to music
- \* Eat dark chocolate (in moderation)
- \* Sex
- \* Dancing
- \* Meditation

WOW! All these activities are not difficult to do, so you can intentionally develop love and increase it to beneficial levels in your family. So decide with your family some of the activities you are going to start doing and see love grow in your family.

All the best on your love journey!

# THE DIFFERENT TYPES OF LOVE



We tend to think love occurs solely between romantic partners, but this isn't true. Humans can experience eight types of love in various relationships, such as with romantic partners, friends, family and even strangers on the street. Understand the type of love you feel (and the catalyst for it) with our descriptions below.

## **Philia — Affectionate Love**

Philia is love without romantic attraction and occurs between friends or family members. It occurs when both people share the same values and respect each other — it's commonly referred to as "brotherly love."

## **Ludus — Playful Love**

Ludus is a child-like and flirtatious love commonly found in the beginning stages of a relationship (a.k.a. the honeymoon stage). This type of love consists of teasing, playful motives and laughter between two people. Although common in young couples, older couples who strive for this love find a more rewarding relationship. Your emotions allow you to feel giddy, excited, interested and involved with another person.

## **Eros — Romantic Love**

Eros is a primal love that comes as a natural instinct for most people. It's a passionate love displayed through physical affection. These romantic behaviors include, but are not limited to, kissing, hugging and holding hands. This love is a desire for another person's physical body.

Your hormones awaken a fire in your body and must be satiated with romantic actions from an admired partner.

## **Storge — Familiar Love**

Storge is a naturally occurring love rooted in parents and children, as well as best friends. It's an infinite love built upon acceptance and deep emotional connection. This love comes easily and immediately in parent and child relationships.

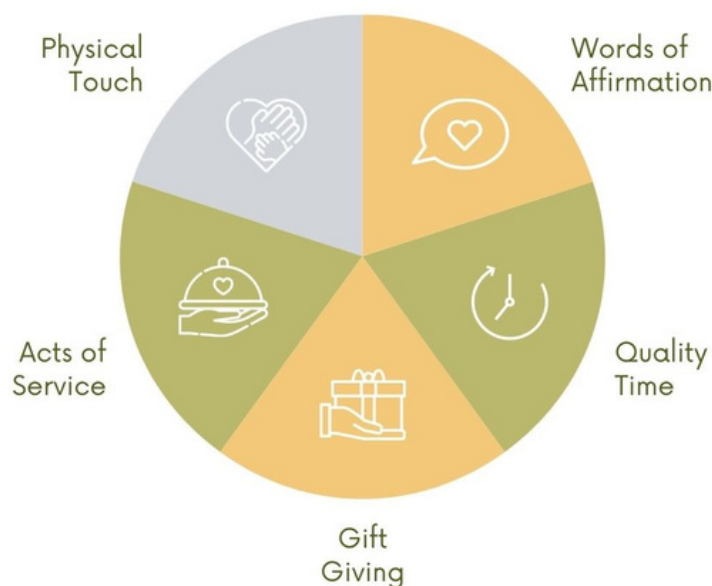
## **Philautia — Self Love**

Philautia is a healthy form of love where you recognize your self-worth and don't ignore your personal needs. Self-love begins with acknowledging your responsibility for your well-being. It's challenging to exemplify the outbound types of love because you can't offer what you don't have. Your soul allows you to reflect on your necessary needs and physical, emotional and mental health.

## **Agape — Selfless Love**

Agape is the highest level of love to offer. It's given without any expectations of receiving anything in return. Offering Agape is a decision to spread love in any circumstances — including destructive situations. Agape is not a physical act, it's a feeling, but acts of self-love can elicit Agape since self-monitoring leads to results. Your spirit creates purpose bigger than yourself. It motivates you to pass kindness on to others.

# THE FIVE LOVE LANGUAGES



There are five basic love languages – five ways to express love emotionally. Each person has a primary love language that we must learn to speak if we want that person to feel loved.

Are you familiar with your primary love language ?

What about your partners, children, siblings or friends ?

According to Dr. Gary Chapman, creator of 'the 5 love languages', ***"Love is a choice you make every day."***

The love languages are based on the idea that everyone expresses and receives love differently; and learning your love languages as well as others can improve communication and contentment within relationships.

Chapman's book can absolutely change your life and how you navigate your relationships.

There are millions of ways to love but these are 5 main categories.

**Acts of service ;** a language that can best be described as doing something for your partner that you know they would like. such as filling up their gas tank, watering their plants, or cooking them a meal.

**Quality time ;** nothing says " I love you" like full, undivided attention and being fully present with the other person. quality conversation and quality activities are included in this love language.

**Physical touch** isn't all about the bedroom. hugs, pats on the back, holding hands, cuddling, gentle caressing and thoughtful touches can all be ways to show excitement, care and love. physical touch fosters a sense of security and belonging in any relationship.

**Giving gifts;** don't mistake this for superficial materialism; the receiver of gifts thrives on the love, thoughtfulness and effort behind the gift. if you speak this language, the perfect gift or gesture shows that you are known, you are cared for and you are prized above whatever was sacrificed to bring the gift to you.


Gifts are visual representations of love and are treasured greatly.

**Words of affirmation;** not all actions speak louder than words; if this is your love language, unsolicited compliments mean the world to you. hearing " i love you are important- hearing the reasons behind that love sends your spirits skyward. kind, encouraging and positive words are truly life-giving.

Having a better understanding of how you and your partner(s) receive love best can transform your relationship and support deeper connection, intimacy, trust, and love ☺



# WHY LOVE IS IMPORTANT IN A FAMILY

A close-up photograph of a light-colored wooden block resting on a white surface. The block has the words "Love begins at Home" printed on it in a dark, serif font. The text is arranged in three lines: "Love" on the top line, "begins at" on the middle line, and "Home" on the bottom line. The background is softly blurred, showing a white wall and a dark object, possibly a lamp, to the left.

The importance of family love for emotional wellbeing cannot be underestimated. The quality of family love experienced by a person affects them all the way from infancy through adolescence into adulthood. Love, as it occurs in the context of family, is unlike any other. Your family members are the people you surround yourself with the most, who give your life meaning, and who you would do anything for. They're the people that you can't live without, who you turn to when something good or bad happens.

Of course, this is painting a perfect-sounding picture when no family is perfect. You may have a strained or negative relationship with your blood family or not have any living family that you know of, but that does not mean you can never experience positive family love. You may have past experiences where you received a lot of healthy family love but don't right now. If not, remember that you can always choose who your family is (at least when you're old enough to understand and make that choice).

Research and anecdotal evidence show that family love can have a big impact on our emotional wellbeing. That impact can be either positive or negative, and effects of different things like our emotions and behaviors.

A Harvard longitudinal study conducted by Waldinger, R.J. & Schulz, M.S. (2016) on a sample of 81 men found that "warmer relationships with parents in childhood predict greater security of attachment to intimate partners in late life, and that this link is mediated in part by the degree to which individuals in midlife rely on emotion-regulatory styles that facilitate or inhibit close relationship connections." These findings highlight how the childhood environment can impact individuals even as adults.

Just like a nurturing, loving, and supportive family environment contribute to healthy emotions and behaviors, the opposite is also true. For example, many children who grow up in abusive households and witness domestic violence firsthand model the same behavior in their family relationships when they are older. Both examples show how the quality of family love we are exposed to from a young age can have far-reaching consequences.



## IMPORTANCE OF SPENDING TIME TOGETHER

The fast pace of modern day family life can make it easy to forget that simply just spending time with our children is really important. Our time is one of the greatest things we can give them. Summer time offers lots of opportunities to spend time together and some good old family bonding!

Here's why you should make quality time a priority:

### **It builds children's self-esteem**

Children who spend time with their parents participating in activities together build a positive sense of self-worth. When children feel that they are valued by their parents, they feel more positive about themselves. Family activities don't have to be expensive trips out to be meaningful, the important part is just being together. You could go for a bike ride or play a game together.

### **It strengthens family bonds**

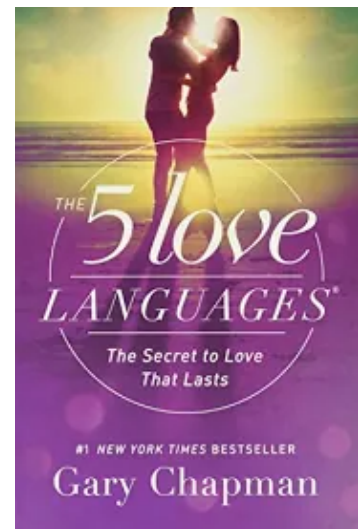
Families who share everyday activities together form strong, emotional ties. Studies have found that families who enjoy group activities together share a stronger emotional bond as well as an ability to adapt well to situations as a family. Share your favorite hobbies, sports, books, movies or other favorite activities.

### **It encourages communication**

When you spend time with your children you are fostering an environment for open communication. Good communication is important for your children to feel comfortable with talking to about anything. Simply asking your child how their day ask gone can make a big difference.

“

***Love is a glue that holds  
the family together***



## 5 week Love Language Challenge

Love Languages don't only apply to couples. The concept holds true for friends, siblings, parents and their children, and relationships of every kind. Each individual has at least one primary love language that they prefer above the others and that is where it really starts to get interesting.

Learning the love language of those close to us can really enhance and strengthen the relationships we have with each other! Although the original concept of love languages was created for couples, the idea that we all have specific ways that we like to give and receive love is present in all the relationships we have!

Depending on the family you're born into, your parents, siblings, and other family members may have been the first to show you unconditional love, care, and support. Regardless of who your family is comprised of, having your loved ones in your world and cultivating a strong bond with family members can improve the quality of your life.

That's why it's important to understand each other's love languages. Learning the love language of those close to us can really enhance and strengthen the relationships we have with each other!

[Click Here](#) to be a part of our 5 week love language challenge today.



## What Happens When you Hug or Cuddle Regularly

Hugging increases levels of the 'love hormone' oxytocin. A hug for 20 seconds reduces the effects of stress, blood pressure and heart rate. A hug for 10 seconds per day helps to boost your immune system, ease depression and reduce fatigue



# Self Love Book

In this month of love, before you love others, focus on developing self love. There's nobody more important in this world than you.

So let that sink in for a minute.

And then ask yourself, how have you been treating yourself lately? How do you talk to yourself when nobody else is around? How many hours have you been sleeping lately?

Jump-start your journey to being kinder and more loving to yourself. And if you need help on how you can get started,

Click [here](#) to download our free Self Love Ebook.

The Ebook has challenges that are designed to bring about more joy, abundance, acceptance, and love in your life. None of them are obligatory. If you miss a day or a challenge just doesn't resonate with you, feel free to skip it.



## The Dancing Experience

Dancing opens up energy channels of feeling and connection. It rejuvenates everything.

Learning how to dance teaches communication skills and fosters respect.

The physical activity is a great stress reliever and the positive feelings about the shared experience makes couples excited to carve out alone time.

The coupling stage of a family cycle require couples to develop intimacy in their relationship. Be a part of our dancing experience so that you can connect and reconnect as a couple.

For more details about the programme, send an email to:

**[info@familydevelopment.co.za](mailto:info@familydevelopment.co.za)**





## The Family Enrichment Programme

Most families don't get to spend quality time together. This means they don't get to know each other at a deeper level. The Family Enrichment Programme helps cultivate unity among family members so that when conflict arises, it is resolved in an amicable way.

It also helps family members to create strong bonds which are essential for the success and sustainability of the family. Most people are good at developing companies and/or organisations but have not stopped to think that their families need exactly the same amount of focus and time to be structured for success.

The family enrichment programme will help you develop your family to its full potential.

For more info get in touch with the Centre by sending an email to [info@familydevelopment.co.za](mailto:info@familydevelopment.co.za)

## The CedarRest Boutique Hotel Couples' Special

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Be amongst the first couples to pamper themselves at the recently luxurious and refurbished boutique hotel.

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Breakfast

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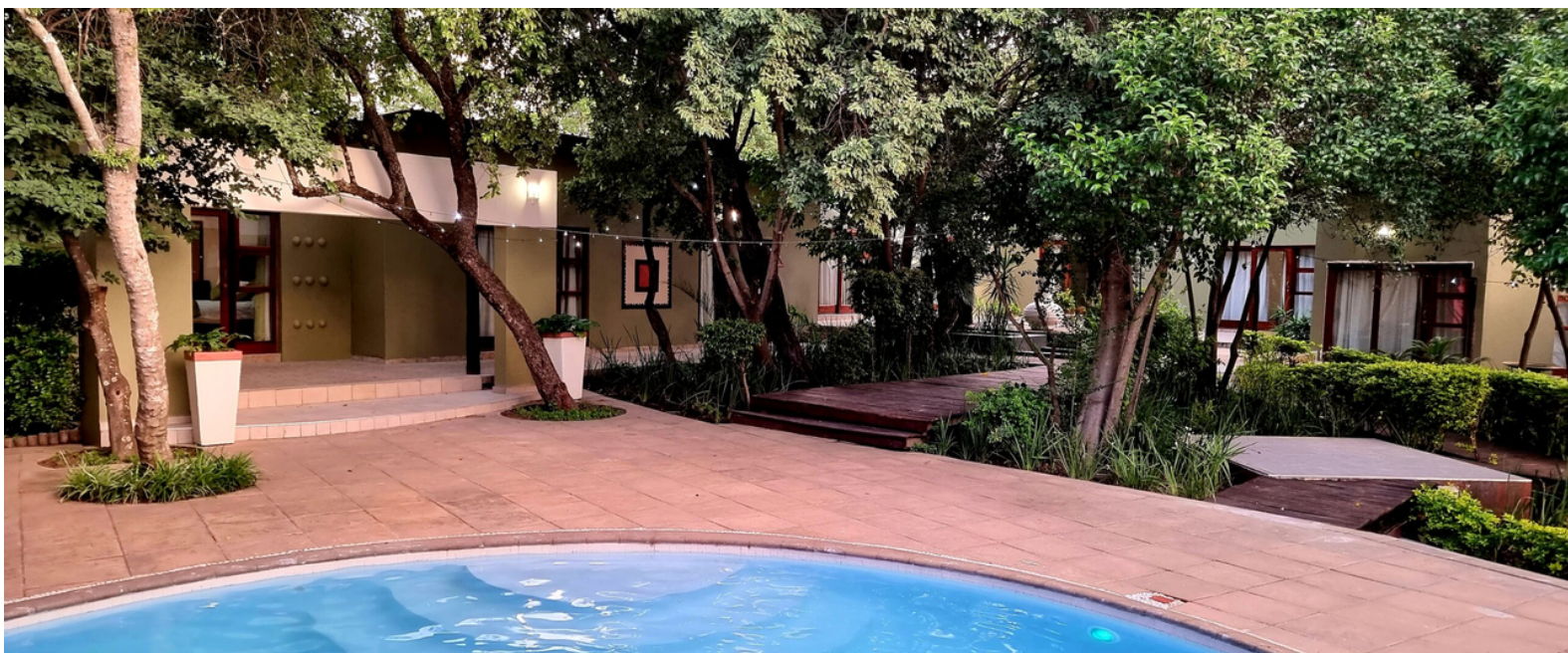
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