

From "The 5 love Languages"  
By Dr. Gary Chapman

The 5 Love Languages are:

**Words of Affirmation**

**Physical Touch**

**Quality Time**

**Acts of Service**

**Gifts**

Here are some ideas to practice the love languages with and for your physical body:

Words of Affirmation:

Speak to your body with loving and encouraging words, in the tone that you would use for a child or beloved friend.

Look for things that your body is doing well and celebrate them, with words and feelings.

Quality time/Acts of service

Find time to lovingly give your body whatever it may need/desire (rest, exercise gentle movement, meditative time, etc.)

Find activities that reduce your stress hormones and increase your feel-good hormones.

Gifts:

Gift your body a healthy meal, a good night sleep, comfy shoes, fresh air, plenty of sunshine

Physical touch:

Can you massage your tired feet and hands?

What about giving a more loving touch when bathing and dressing and other activities of daily living.

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