

Paper: Chicago Tribune RedEye Edition (IL)
Title: Tools to survive the Big Day
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Date: February 11, 2005

Valentine's Day, like any other simple day, does not determine your destiny. It is not the moment that decides if you will ever have a partner at all or a partner that you're into again. It is a paranoid holiday that shamelessly promotes cloned floral arrangements and cards you have to buy immediately or get stuck with an orange monster saying some sappy statement you would never spew. It's a time when couples fight to prove their love for each other and singles fight to prove their independence.

This Valentine's Day, instead of soaking in a preordained vat of cheap chocolate hearts, take a new approach.

Singles, stop looking over at the Coupled, and vice-versa. Use the holiday to remember what you love about today, instead of what you hope tomorrow will bring.

Here are some survival tools to help get you through Valentine's Day:

FOR EVERYONE

- Celebrate it. An opportunity, even a Hallmark one, to show thanks and love should be taken.
- Indulge yourself.
- Keep perspective.
- Give from the heart. If your wallet can help, that's a bonus.
- Eat good food, listen to great music.

FOR COUPLES

- Say "thank you."
- Break out a bottle of something delicious and cook at home.
- Rent a hotel room for a lunchtime snack.
- Create a scavenger hunt that leads to you.
- Have dinner at the place you went on your first date.
- Send a handwritten love note in the middle of the day.

- Kiss.
- Take a bath together and spend time lounging in bathrobes.

FOR SINGLES

- Make a date with a good friend, and do something off the beaten path.
- If you need to be alone, get a movie that's going to lift you, not depress you.
- Throw a cocktail party where each friend brings another single friend.
- Treat yourself to something you wouldn't normally do.
- Send a thank-you note to someone not expecting it.
- Hang with your family.
- Get a spa treatment.
- Sleep in.

And if you're still craving more--no worries. Every drugstore in this city will still be lit with bright pink and red clearance aisles for at least another month. Dig in.

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