

**1 Plan a day your partner would enjoy.** Even if it's not something you particularly want to do, if you care about them and want to make them happy, spending a whole day doing things they like will boost their happiness.

**2 Do something together.** It can be as simple as cooking, having a walk, and watching a movie.

**3 Compliment your partner.** Remember how much of a difference it makes to how you feel when your partner is complimentary to you? It will feel good to them too...

# Stress SOS!

Hypnotherapist Ursula James suggests simple ways you can improve your relationship this Valentine's Day.

**4 Suggest rather than tell.** To improve communication between the two of you, it helps to suggest rather than tell. For example, if you would prefer they do something differently, try: "I suggest we do this..." rather than "I don't like it when you do..."

**5 Give them a hug.** Be spontaneous about it – it's always good to receive physical affection. Couples that touch each – and not only sexually but regular strokes or touches on the arm for example – tend to be the happiest.

**6 Leave them love notes.** Put some notes around the house in places they are most likely to see, telling them what you love about them

**7 Cook their favourite food.** Sharing a meal together and taking time to talk – phone-free – can bring you closer. And do remember that if all of this seems very one way, by doing these things you're likely to elicit more tactile and loving behaviour from your partner, so it's a win-win!

Clinical hypnotherapist Ursula James was presenter of *Sex, Lies and Hypnosis* on Channel 5, on which she used hypnotherapy to work with couples to help them improve their relationships. Download her 'Improve your relationship' MP3 at [ursulajames.com](http://ursulajames.com).

