

An Antidote To Post-Super Bowl Blues

(NAPSA)—Each year, many Americans experience “Heart-break Monday,” the start of the workweek following the Super Bowl when reality sets in: The football season is over.

Dr. Angelos Halaris, the medical director of adult psychiatry at Loyola University Medical Center, explains: “When a person engages in a pleasurable activity, such as watching a football game, a neurotransmitter [brain chemical] called dopamine is released in a part of the brain called the nucleus accumbens. When the pleasurable activity ends, the person is left with a feeling of deprivation.”*

It may ease the sting to remember that Valentine’s Day is just a few days away. Consider these tips to “Wow Her” this Valentine’s Day (and remember, a new season of football is only a few months away).



A heart full of love—and chocolates—makes for a tasteful Valentine’s Day gift.

small batches for Valentine’s Day, these exquisite heart-shaped chocolates are made from the freshest and highest-quality ingredients from around the world. FM Artisan Heart includes a wide variety of flavors, from Caramel and Chocolate Dipped Strawberry to Bourbon Vanilla and Double Shot Espresso. A box of 25 pieces is available at www.FannieMay.com.



Roses never go out of style and always deliver a Valentine’s smile.

• **Let the roses do the talking this Valentine’s.** 100 Premium Long Stem Red Roses in a Vase can be the ultimate way to say “I love you”...and so much more. This spectacular arrangement is artistically hand-designed by expert florists and is sure to Wow Her. 100 Premium Long Stem Red Roses in a Vase is available at www.1800Flowers.com.

• **The more you give, the more you get.** Handcrafted in



Wow her with the key to your heart paired with a gorgeous floral arrangement.

• **Give her office-bragging rights, even if it’s just for one day.** Unlock a unique Valentine’s Day surprise: gorgeous red and purple blooms gathered into a deep purple vase for one unforgettable arrangement. Perhaps the best part, however, is the delicate silver key necklace that lets her know she’ll always have your heart. “The Key to My Heart” arrangement is exclusive to www.1800Flowers.com.

**Loyola University Medical Center, loyolamedicine.org, January 30, 2013*