

Put the Love Languages to work, at work

*There's room for "love" in your work relationships. Here's a guide, loosely adapted from Gary Chapman's *The 5 Love Languages*, on how to best use the love languages with your cherished colleagues. Just make sure you aren't overstepping any personal boundaries or violating your company and HR policies. Love smartly.*

1 Quality time

Be there for your colleague. Designate a weekly meeting time and keep it. Grab lunch together on a regular basis and have quality conversations

4 Receiving gifts

A thoughtful present makes your colleague feel valued. Show them your appreciation with a tangible gift like homemade banana bread or a bouquet of flowers.

2 Words of affirmation

Your colleague responds positively to words of encouragement. Tell them what a great job they are doing on a regular basis. Even better—say it in front of your whole team to make the affirmation more powerful.

5 Avoid physical touch

This love language isn't the most appropriate for a work environment. If you sense this is your colleague's primary love language, avoid embarrassment, termination, or both and look for their secondary love language instead.

3 Acts of service

Actions speak louder than words for your colleague: show them you care by lending a helping hand. For example, if you notice they're overwhelmed with work, offer to take something off their plate.