

SALONE JAMBOREE

Motto: celebrating Arts, Entertainment and Culture

Monday 1st- Friday 5th June 2026

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Price Le 4

Art | Entertainment | LifeStyle | Culture | Tourism



**IDRIS ELBA
KNIGHTED
BY KING
CHARLES III**

SIERRA LEONE'S FIRST LADY FATIMA BIO HINTS AT MOVIE COMEBACK



**ARTIST
PROFILE:
APREEL**



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Sierra Leone's First Lady Fatima Bio Hints at Movie Comeback

Sierra Leone's First Lady, Fatima Bio, has hinted at a return to acting, telling filmmakers she's open to roles if the story is strong enough.

Speaking at the launch of *Unpredictable Enemies* on 28th May 2026 at Dove Nest, Aberdeen, Freetown, the former Nollywood actress reflected on her film career and what it would take to get her back on set.

Before becoming First Lady, Fatima Bio was based in the UK and built a solid acting portfolio. Her last movie was *Mr. Ibu* in Sierra Leone. Other films she starred in include *I Battered*, *Shameful Deceit*, *Expedition Africa*, *The Soul*, and *Mirror Boy*.

At the premiere, she stressed quality over quantity. "For me, it is never just about doing a movie. The script has to be good. You cannot make a film that ends up sitting on a shelf. You want to create a film that can reach global platforms like Netflix and showcase our talent to the world," she said.

She acknowledged the challenges filmmakers face getting films onto global platforms, noting that even in Nollywood many approach her for help. "I know the standards, I know the process, and I know how challenging it can be," she explained, while praising her colleague for believing in Sierra Leonean stories "with class, professionalism, and excellence."

The First Lady also put herself forward for a cameo if it helps a project succeed.



"If in the future you want me to make even the smallest appearance in one of your films, we can discuss it. If showing my face in your film can help make it bigger and more successful, I am willing to support it," she said. But she set clear conditions: "The only condition is that the story must be strong and meaningful." She added that she expects full commitment on set: "When I am on set, I give my all. If I commit to a project, I expect everyone to bring the same level of dedication and professionalism."

She challenged local creatives to tell authentic



Sierra Leonean stories. Paraphrasing her message, she urged writers and producers to invest in scripts that celebrate culture, traditions, costumes and heritage instead of copying others. "Bring us great scripts. Bring us stories that can travel beyond Sierra Leone and reach audiences across Africa and around the world. If you have a script that can achieve that vision, I am ready to work with you and help bring it to life."

Her remarks have raised hopes among filmmakers that her influence and experience could help transform Sierra Leone's movie industry and push it toward international platforms.

Idris Elba Knighted by King Charles III



British actor Idris Elba now has a new title: Sir.

The star, whose father was from Sierra Leone and mother from Ghana, received a knighthood from King Charles III. Knighthood is one of the highest honours a person can receive in the UK, awarded for exceptional service and achievement.

Sir Idris joins a growing list of people of African heritage who have been recognized with the honour over the years.

Deep ties to Sierra Leone

The knighthood adds another layer to Elba's long-standing connection with the

country of his father's birth. He's spoken openly about his Sierra Leonean roots and has used his platform to spotlight the nation.

His biggest project is on Bonthe Island. Sir Idris has been leading plans to

develop Bonthe into a sustainable tourism and entertainment hub. The vision includes building an eco-friendly city, film studios, and infrastructure to create jobs and attract investment. He's called it a way to "give back" and help put Sierra Leone on the global map for film and tourism.

In recognition of that commitment, Sierra Leone's President Julius Maada Bio granted Sir Idris citizenship in 2019. The President said the move honored Elba's contributions and his efforts to connect the diaspora back home.



From Hackney to Hollywood to Bonthe, Sir Idris Elba's story now carries an official title to match the impact.

Artist Profile: ApreeL



Name: Kabba Abdulah Sesay

Stage Name: ApreeL

Born: April 1997, Freetown, Sierra Leone

Genre: Afrobeats

Label: Signed to Eminence Record Label

ApreeL is one of the most promising Sierra Leonean acts right now. Born in April 1997 into a large extended family in Freetown, he showed musical talent from a young age and has been building momentum ever since.

He continues to drop back-to-back hit singles that stick. From “Owey” to “Sweet Miliki” to “E Fine”, ApreeL has found a formula that works: smooth melodies, Krio language, and themes pulled straight from everyday life.

“Sweet Miliki” feels like a heartfelt tribute to local culture. The track blends romantic affection with swagger and a playful, conversational tone that

sounds like local street talk. It’s that mix of charm and relatability that keeps fans hitting replay.

What sets ApreeL apart is his sound. He often weaves in local grooves, rhythms, and language so his music connects deeply at home, not just abroad. His songs pull from Krio slang, Salone sensibilities on love and relationships, and rhythmic patterns influenced by bubu and Afrobeat. The result is music that feels uniquely Sierra Leonean, while still moving on the global Afrobeats wave.

Signed to Eminence Record Label, ApreeL is proving that Salone artists can make hits that travel.

Jokes

Admire Bio invent a lie Detector

So Admire Bio just invented a new lie detector test... and it’s called “Drink Water and Swear”

After that viral video where she gulped down water and swore on camera that her husband isn’t seeing anyone else, the internet broke. Online, offline, market women, taxi drivers — everybody had an opinion.

Now the “Drink Water and Swear Challenge” is everywhere. Boyfriends and husbands are suddenly hydrating their girlfriends like personal trainers: “Babe, take one sip and swear you’re not chatting to anyone.”

But the ladies are fighting back. Some said: “If I take that challenge, I won’t even finish the first sip before I collapse. The water won’t even reach my stomach before my conscience sends me to the hospital.”

Admire Bio, you didn’t just drink water... you started a national relationship audit.

Freetown men, please don’t try this at home unless your WiFi is strong enough to handle the comments.

Calabatown has officially called Guinness World Records

Reason? They might witness history.

According to the community, they haven’t seen 45 minutes of light in the past month. But plot twist: for the last 4 hours, the electricity has been acting like it has a permanent job. Steady. No flicker. No “up-and-down” dance.

Now they’re watching the clock like it’s New Year’s Eve. If this current keeps going for 8 hours straight, Calabatown wants Guinness to send a camera crew, a certificate, and maybe a parade.

Their official statement: “No community in Freetown has managed 8 hours of uninterrupted light in the last 6 months. If we do it, the world needs to know. We want it recorded, framed, and put in the history books right next to major scientific discoveries.”

Freetown, keep your fingers crossed. Calabatown is out here trying to break records the only way they know how... with electricity

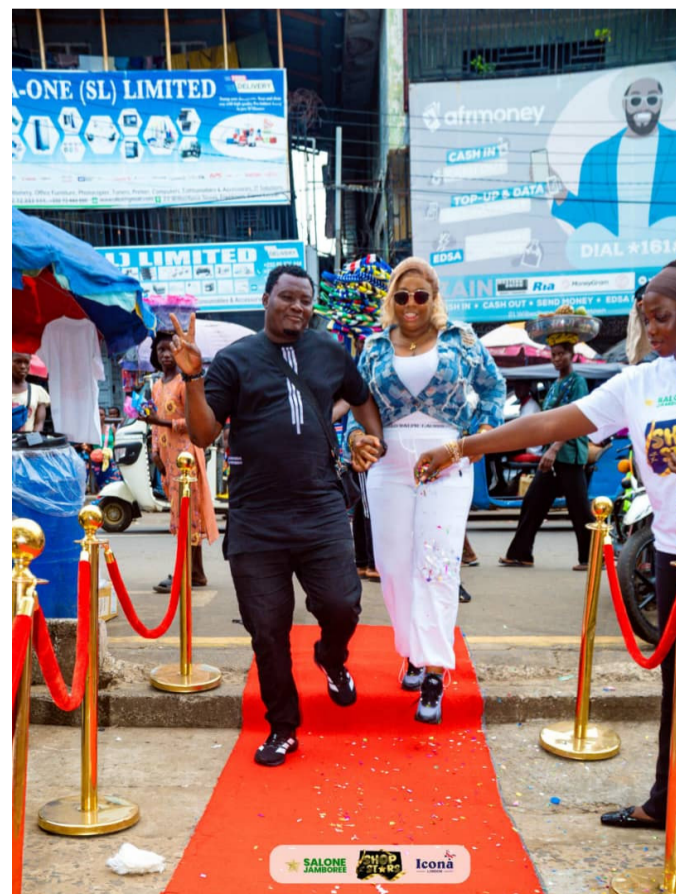
Shop With The Stars Launch + SaloneJamboree 17th Anniversary Speech by Murtala Mohamed Kamara, Founder and CEO



Murtala Mohamed Kamara, Founder/
CEO SaloneJamboree



Renowned digital marketing strategist
Ibrahim Sesay making a statement



Shop With The Stars Launch + SaloneJamboree 17th Anniversary Speech by Murtala Mohamed Kamara, Founder and CEO

Good afternoon, Sierra Leone. Good afternoon, friends, family, artists, partners, and dreamers.

Today is not just another day. Today is history repeating itself.

On the 29th of May 2009, at the British Council Auditorium, SaloneJamboree was born. We launched a website with one bold idea: to promote the emerging Arts and Entertainment industry in Sierra Leone. One year later, we took that same fire to print. For 17 years, we have shown up. Online. In print. On the streets. In the prisons. In the studios.

17 years on, we haven't just reported the news. We've created it. We've featured almost every artist this country has birthed. We've told their stories, beyond the headlines. We've organized events that changed lives.

Let me remind you of one. In 2019, we walked into prison walls with a crazy idea: the Miss Correctional Beauty Pageant. We trained women behind bars in skills, public speaking, and catwalk. We told them: your circumstances do not define your crown. Today, the

Miss Correctional Beauty Queen is right here with us. She received a Presidential pardon. She's back in school. And she wants to be a lawyer.

That, ladies and gentlemen, is the power of SaloneJamboree. We don't just cover culture. We create second chances.

And we're not stopping. Next, we will launch our awards event to honor the giants in Arts, Tourism, and Culture. The dancers, the musicians, the filmmakers, the tour guides, the chefs, the storytellers. The people who make Sierra Leone beautiful. It's time we put their names in lights.

Today, we add a new chapter: Shop With The Stars SL.

Why does it matter? Because shopping should not be stressful. It should be relaxed, it should be fun, and it should make you feel like a star. With Shop With The Stars, every shopper is honored. Every purchase is a moment. Every customer becomes part of the story we love telling. We're turning errands into experiences.

And we couldn't do it without the right partner. SaloneJamboree

is proud to partner with ICONA London. Their products are affordable, guaranteed, and made for people like you and me. From Palampo to Bye Bye Blackout, ICONA London proves that quality doesn't have to break the bank. This partnership means our artists, our shoppers, our communities get more value for less.

17 years ago we started with a website and a dream. Today we launch a platform, a partnership, and a promise: that Sierra Leonean talent, culture, and enterprise will always have a stage.

So thank you. Thank you to every artist who trusted us with your story. Thank you to every reader who clicked, shared, and believed. Thank you to ICONA London for believing in this vision. Thank you to all of you here today.

SaloneJamboree is 17. But our best chapters are still unwritten. Let's write them together.

Ladies and gentlemen, welcome to the future of shopping. Welcome to Shop With The Stars SL.

Thank you, and God bless Sierra Leone.



Afrimoney & Ecobank Deepen Financial Inclusion with Prepaid Visa Card

Afrimoney, in partnership with Ecobank Sierra Leone has launched the Afrimoney Prepaid Visa Card to advance financial inclusion and digital transformation in Sierra Leone.

The launch ceremony, held on Monday 25th May 2026 at the Bintumani Hotel in Aberdeen, Freetown, brought together officials from the Bank of Sierra Leone, government representatives, members of the diplomatic corps, financial sector leaders, and private sector stakeholders.

The initiative allows users to link their mobile money wallets to a prepaid Visa card, enabling seamless local and international transactions. The card is expected to widen access to digital financial services for individuals, small businesses, and underserved communities across the country.

Speaking at the launch, Afrimoney Chief Executive Officer, Martison Obeng-Agyei, traced the evolution of banking and financial services globally and in Sierra Leone, noting that financial innovation continues to accelerate at an unprecedented pace. He commended the Bank of Sierra Leone for playing a critical role in advancing financial inclusion through reforms that enabled Visa card usage and mobile money operations in the country.

Obeng-Agyei stated that Afrimoney has consistently focused on innovation tailored to the realities of Sierra Leoneans. He referenced products such as Trust Etsa, which enables customers to borrow electricity credit during emergencies, and Trust Fuel, which allows transport operators to access fuel on credit and repay through daily earnings.

According to him, the newly launched Afrimoney Ecobank Visa Card was created to bridge the gap between the banked and unbanked population. He explained that the physical card would enable users to conduct transactions online, through ATMs, and at point-of-sale terminals worldwide.

He further stressed that mobile money operators and banks should be viewed as partners rather than competitors, highlighting Afrimoney's role in pioneering wallet-to-bank and bank-to-wallet integration in Sierra Leone. He thanked regulators and development partners for supporting financial innovation and encouraged Sierra Leoneans to obtain the card through Afrimoney's USSD platform.

Speaking also, the Managing Director of Ecobank



Sierra Leone, Sebastian Ashong-Katai, described the partnership as a symbol of progress, innovation, and opportunity for Sierra Leone. He said customers increasingly demand financial solutions that are simpler, faster, and more aligned with modern lifestyles and transaction habits.

Ashong-Katai explained that the partnership connects the strengths of mobile money and traditional banking into a single financial ecosystem. He stated that while mobile money has transformed everyday transactions through accessibility and convenience, traditional banking continues to provide structure, trust, and global financial connectivity.

He outlined several practical benefits of the prepaid card, noting that small business owners can now transact with international suppliers more easily, young professionals can subscribe to global digital services, and travelers can make cross-border payments with greater convenience. According to him, the initiative goes beyond convenience and directly addresses financial inclusion.

The Ecobank Managing Director also praised Africell Sierra Leone for its collaboration and acknowledged the role of regulators in creating an enabling environment through initiatives such as the National Payment Switch. He described the launch as a critical step

toward building a modern, cash-light digital economy in Sierra Leone.

On his address, the Governor of the Bank of Sierra Leone, Dr. Ibrahim Stevens, described the co-branded prepaid card as a major milestone in the country's journey toward a



digitally enabled and resilient financial system. He said the launch demonstrated the power of partnership and innovation in expanding access to modern financial services.

The Governor noted that financial inclusion in Sierra Leone has significantly improved over the past decade, rising from less than 20 percent to nearly 40 percent of the population. He added that

the National Switch instant payment service surpassed one million transactions within eighteen months of its launch.

Despite these gains, he acknowledged that many Sierra Leoneans remain unbanked or underbanked. According to him, linking mobile money wallets with traditional banking infrastructure would help close those gaps by improving convenience, access, and participation in the formal digital economy.

Dr. Stevens emphasized that the Bank of Sierra Leone remains committed to transitioning the country toward a cash-light economy, stressing that digital payments are more secure, efficient, transparent, and cost-effective than cash transactions. He added that innovations such as the Afrimoney-Ecobank Visa Card would strengthen financial system resilience while supporting entrepreneurship, employment creation, and economic growth.

Delivering the keynote address, Chief Minister Dr. David Moinina Sengeh described the launch as an example of how technology and governance can work together to improve the lives of ordinary citizens. He stated that the initiative was not only for corporate users and government officials, but also for market women, transport operators, small-scale entrepreneurs, and people in rural

communities.

The Chief Minister highlighted government investments in digital infrastructure, noting that Sierra Leone now has extensive 3G and 4G coverage across the country, including remote districts. He said the country's regulatory sandbox framework, established through the Bank of Sierra Leone, has also created opportunities for entrepreneurs and innovators to test financial products in live environments.

He identified device accessibility as one of the remaining challenges to digital inclusion and called for stronger collaboration between government institutions and private sector partners to improve access to affordable digital devices.

He further emphasized the concept of "Techquity," describing it as the use of technology to promote equity and inclusion for all citizens, including vulnerable and low-income populations. He argued that fintech solutions such as Afrimoney could bridge barriers that traditional banking systems have struggled to overcome.

Using practical examples, the Chief Minister explained how small traders could use the platform to import goods directly from international markets, while transport operators and small businesses could build digital transaction histories that may later support access to loans and other financial services.

He noted that Afrimoney's transaction records could help create verifiable credit profiles for users, enabling banks and financial institutions to assess creditworthiness more effectively. According to him, this would open pathways for wealth creation and economic independence for many Sierra Leoneans who previously lacked access to formal financial systems.

The Chief Minister also revealed that Afrimoney has already processed transactions worth millions of dollars and has played a role in delivering financial support to vulnerable populations through partnerships with development institutions. He said the expansion of digital finance services directly contributes to reducing poverty and improving livelihoods.

The launch of the Afrimoney Prepaid Visa Card is expected to strengthen Sierra Leone's digital finance ecosystem and accelerate efforts to build an inclusive, technology-driven economy.



70 Cows Sacrificed in Calaba Town for Eid al-Adha



A total of 70 cows were slaughtered and distributed to Muslims in the Calaba Town community on Friday, May 29, 2026, as part of the Turkish Vekaletle Kurban Program to commemorate the Islamic festival of Eid al-Adha.

The charitable initiative, organized in collaboration with Turkish partners, brought together hundreds of Muslim worshippers and community members who gathered to witness the annual sacrifice and the distribution of meat to needy families.

Speaking during the event, the Coordinator of the program, Mohamed Sallieu Bah, expressed happiness over the successful organization of the celebration, describing it as an important religious and humanitarian activity for Muslims around the world.

“We are very happy to see this celebration because it is a

good deed for Muslims everywhere,” Mr. Bah said. “Today, 70 cows are being slaughtered and the meat distributed to Muslim worshippers in the Calaba Town community.”

Mr. Bah explained that the initiative is part of a broader partnership between Sierra Leonean graduates from Turkey and Turkish organizations aimed at improving social welfare and sustainability in Sierra Leone.

“We graduated from Turkey and came together to form this organization. Through our partnership with the Turkish government and charitable institutions, we want to bring benefits to Sierra Leonean society,” he stated.

According to him, the project extends beyond Freetown. He noted that animals were also slaughtered and distributed in several major towns and districts across the country, including Makeni,

Kono, Kenema, Kambia, Port Loko, and other communities.

“In total, more than one thousand animals have been slaughtered nationwide during this year’s Eid al-Adha program,” he disclosed.

Mr. Bah noted that the sacrifice holds deep religious significance in Islam, as it symbolizes obedience and devotion to Allah, following the example of Prophet Ibrahim (Abraham), who was willing to sacrifice his son in obedience to God’s command.

He further revealed that the organization has several development projects planned for Sierra Leone beyond meat distribution.

“We are also working on youth empowerment projects, orphan support programs, educational initiatives, and industrial development projects that will benefit Sierra

Leoneans,” he added.

Also speaking at the ceremony, the Chief Imam of the United Muslim Association in Calaba Town, Sheikh Issa, reminded worshippers about the religious importance of Eid al-Adha and the tradition of sacrifice in Islam.

He said the festival commemorates the great sacrifice of Prophet Ibrahim and is observed by Muslims worldwide from the 10th day of Dhul Hijjah and the three days that follow.

“This is a very important tradition for Muslims all over the world and follows the teachings of Prophet Ibrahim and Prophet Muhammad (peace be upon him),” Sheikh Issa stated.

The Chief Imam noted that this was the second time such a large number of cows

had been slaughtered in the Calaba Town community for Eid celebrations.

“Last year, we witnessed the slaughter of 100 cows, and this year we are grateful to have 70 cows for the benefit of Muslims in this community,” he said.

He praised the organizers for putting proper control measures in place to ensure peaceful and orderly distribution of the meat to beneficiaries.

“We want people to receive the meat peacefully and respectfully so they can return home and celebrate Eid al-Adha with their families without any confusion or disorder,” the Imam added.

Community members welcomed the initiative, describing it as timely support for vulnerable families during one of Islam’s most significant religious celebrations.

FirstBank commissions newly renovated solar-powered Science and Computer Laboratories

FirstBank Sierra Leone officially commissions and hands over newly renovated solar-powered Science and Computer Laboratories to Albert Academy Secondary School in Freetown under its Leadership Acceleration Programme (LAP 3.0) Corporate Social Responsibility initiative.

The upgraded facilities, equipped with modern science equipment, computers and sustainable solar energy systems, are expected to enhance practical learning, digital literacy and innovation among students.

The project underscores FirstBank’s commitment to supporting education, leadership development and community impact in Sierra Leone.





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ILRF-555GB	(L) 772x (W) 652 x (H) 1844 mm	472 Ltr.	-	68.0	74.0	-

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Model No.	Packing Dimension	Storage	CBM Per Carton	N.W. (kgs)	G.W. (kgs)	Loading (40HC)
ILRF-655GB	(L) 772x (W) 632 x (H) 2024 mm	518 Ltr.	-	72.0	78.0	-
ILRF-655GB	(L) 772x (W) 632 x (H) 2024 mm	518 Ltr.	-	72.0	78.0	-

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The Song of NJAMA

Date & Location

Sat, 06 Jun • 07:00 AM (GMT)

[Add to Calendar](#)

Bintumani Conference Centre. Aberd
Freetown, Sierra Leone

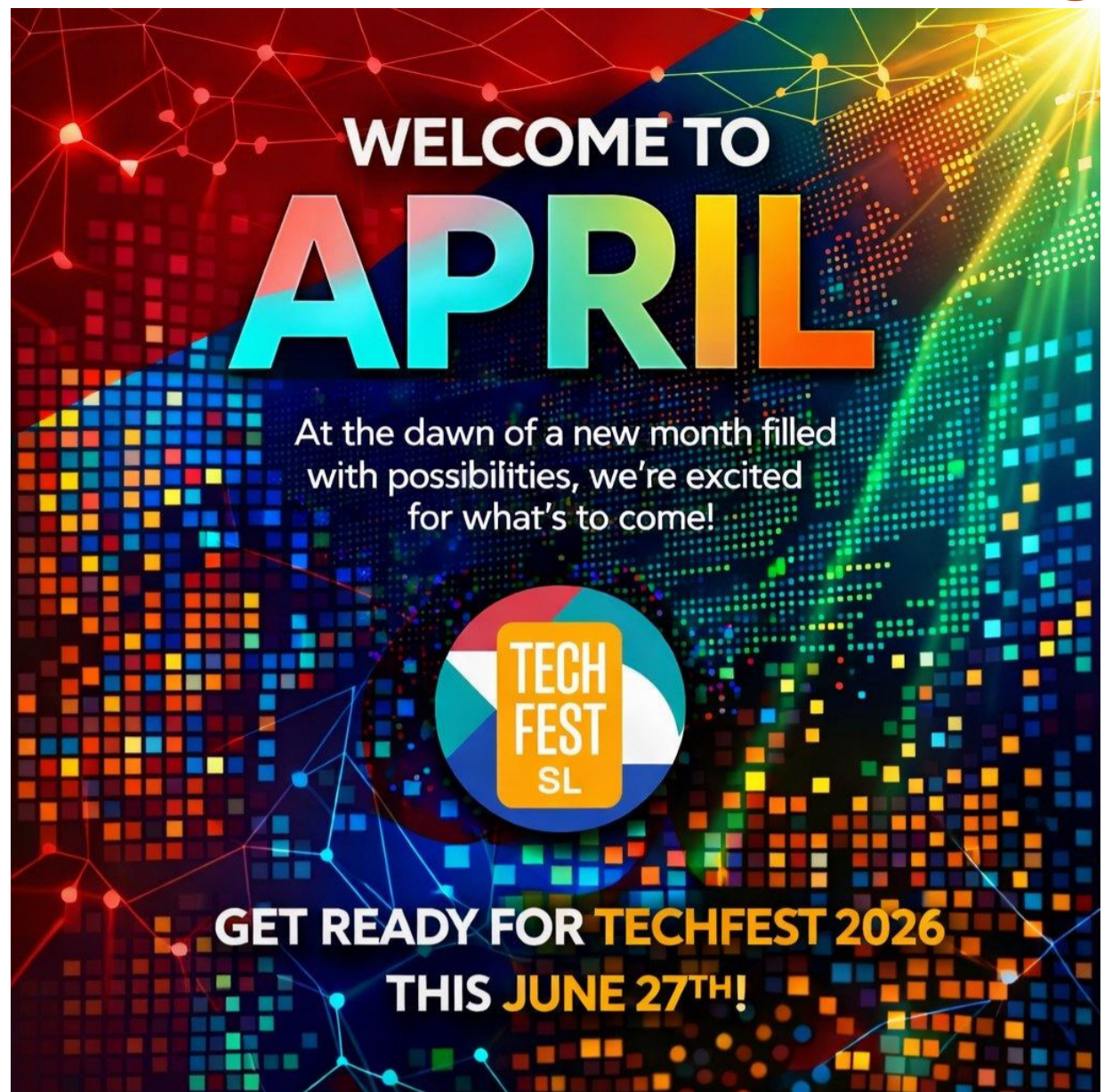
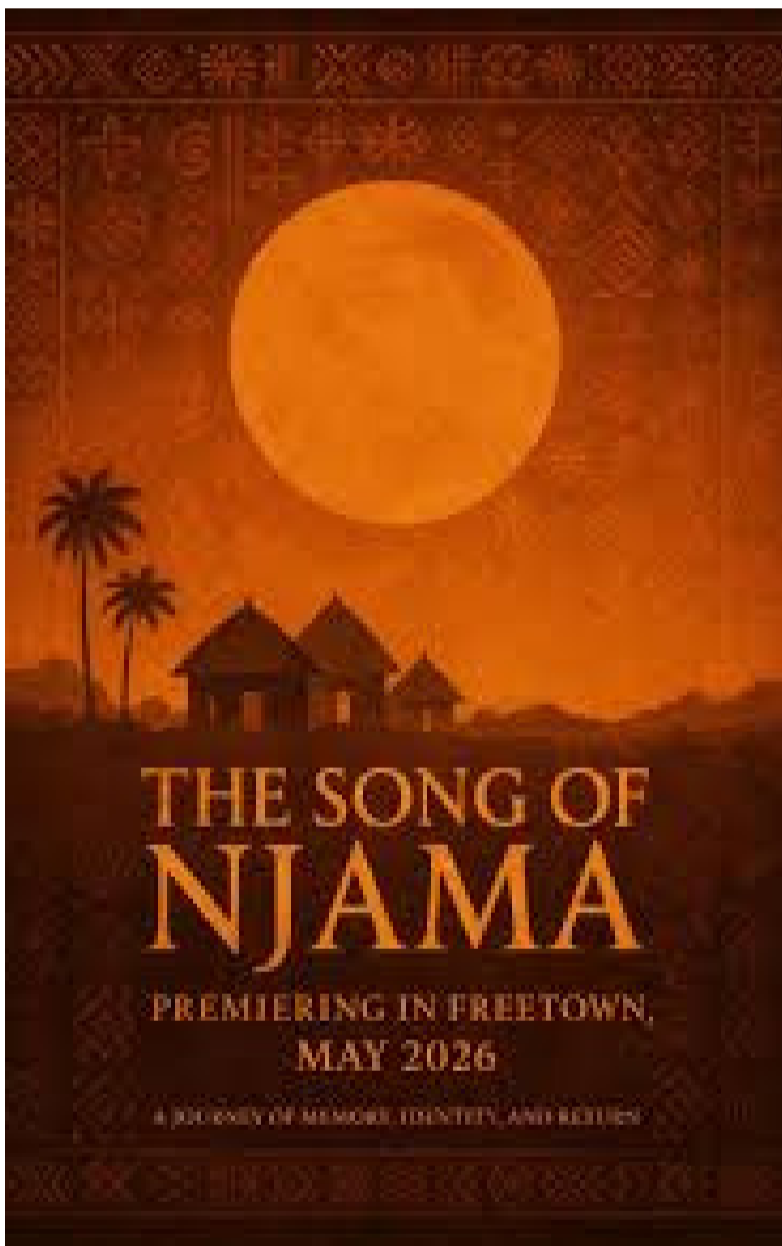
About the event

The Song of NJAMA

Sierra Leone theatre is back

Song of Njama premiered May 1 at Bintumani Auditorium to a packed crowd. This powerful music + dance production by Dori Turay & Bilal Jalloh brought heritage and identity to life, earning standing ovations.

Part of the 2026 Year of Culture and Creativity, it's a sign of Salone's creative resurgence. Finale comes in June. BOOK NOW, limited slots available.



TECH FEST SL

[TECH FEST](#)

Date & Location

Sat, 27 Jun • 09:00 AM (GMT)

Limkokwing Sierra Leone

51 Regent Road, Hill Station, Freetown, Sierra Leone

[View on map](#)

[About the event](#)

TECH FEST SL

What if one day could change your future?

27th June 2026

TechFest Sierra Leone

A gathering of dreamers, builders, and innovators ready to shape tomorrow.

Come learn.

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Your journey starts here.

#TechFestSL #FutureBuilders #WomenInTech #DigitalSkills #SierraLeone

Sip & Paint Soirée



Date & Location

Sat, 13 Jun • 04:00 PM (GMT)

[Add to Calendar](#)

HQ Clubhouse Freetown

Freetown, Sierra Leone

[View on map](#)

[About the event](#)

Sip & Paint Soirée

SIP & PAINT SOIRÉE

The Party Edit SL HQ Clubhouse present an unforgettable creative beach experience!

Join us for an evening

of art, vibes, music, and relaxation by the sea at Lumley Beach. Whether you're an artist or just coming for the fun, this is the perfect escape to unwind, connect, and create beautiful memories.

Movies
 BBQ
 Bonfire
 Games
 Music

Date: 13th June 2026

Time: 4PM

HQ Clubhouse – The Garden & The Boat Bar, Aberdeen-Lumley Beach (HQ LOUNGE upstairs as backup in case of rain)

Fee: NLe 600

Contact +232

77610598 to secure your ticket

Come sip, paint, vibe, and enjoy the beachfront atmosphere with us.

How to Make a Relationship Work

Whether you're looking to keep a new romantic relationship strong or repair a relationship that's on the rocks, these tips can help you feel loved and connected to your partner.

What is a healthy relationship?

Every romantic relationship is unique, and people come together for many different reasons. Part of what defines a healthy relationship is sharing a common goal for exactly what you want the relationship to be and where you want it to go. And that's something you'll only know by talking deeply and honestly with your partner.

However, there are also some characteristics that most healthy relationships have in common. Knowing these basic principles can help keep your relationship meaningful, fulfilling, and exciting whatever goals you're working towards or challenges you're facing together.

You maintain a meaningful emotional connection with each other. You each make the other feel loved and emotionally fulfilled. There's a difference between being loved and feeling loved. When you feel loved, it makes you feel accepted and valued by your partner, like someone truly gets you. Some relationships get stuck in peaceful coexistence, but without the partners truly relating to each other emotionally. While the union may seem stable on the surface, a lack of ongoing involvement and emotional connection serves only to add distance between two people.

You're not afraid of (respectful) disagreement. Some couples talk things out quietly, while others may raise their voices and passionately disagree. The key in a strong relationship, though, is [not to be fearful of conflict](#). You need to feel safe to express things that bother you without fear of retaliation, and be able to resolve conflict without humiliation, degradation, or insisting on being right.

You keep outside relationships and interests alive. Despite the claims of romantic fiction or movies, no one person can



meet all of your needs. In fact, expecting too much from your partner can put unhealthy pressure on a relationship. To stimulate and enrich your romantic relationship, it's important to sustain your own identity outside of the relationship, preserve connections with [good friends](#) and family, and maintain your hobbies and interests.

You communicate openly and honestly. Effective communication is a key part of any relationship. When both people know what they want from the relationship and feel comfortable expressing their needs, fears, and desires, it can increase trust and strengthen the bond between you.

Falling in love vs. building a relationship

For most people, falling in love usually seems to just happen. It's building a relationship and staying in love—or preserving that “falling in love” experience—that requires commitment and work.

Given its rewards, though, it's well worth the effort. A healthy, secure romantic relationship can serve as an ongoing source of support and happiness in your life, through good times and bad, strengthening all aspects of your wellbeing. By taking steps now to preserve or rekindle your falling in love experience, you can build a meaningful, healthy relationship that lasts—even for a lifetime.

Many couples focus on their relationship only when there are specific, unavoidable problems to overcome. Once the problems have been resolved they often switch their attention back to their

careers, kids, or other interests.

However, romantic relationships require ongoing attention and commitment for love to flourish. As long as the health of a romantic relationship remains important to you, it is going to require your attention and effort. And identifying and fixing a small problem in your relationship now can often help prevent it from growing into a much larger one down road.

What does an unhealthy relationship look like?

While some relationships make you feel secure and supported, others can negatively affect your [self-esteem](#), mental health, and overall well-being. It's not always easy to recognize the signs of an unhealthy relationship when you're in one. Here are some warning signs to look out for:

Deceitfulness and dishonesty. A partner may have a habit of keeping secrets from you or outright lying. They might lie about big things, such as covering up an affair or stealing money from you, or be deceitful in smaller ways, making it hard for you to trust them.

Controlling behavior. Trying to exercise control over the other person in a relationship can come from a place of intense anxiety. Your spouse may demand that you give up your favorite hobby, for instance, or you may insist your partner stays away from a certain friend because you're worried they'll have an affair.

Disrespect. A disrespectful partner might be dismissive of your opinions or minimize your feelings. For example, they might tell you to “Just get over it,” when you're voicing

a complaint. They might also ignore or push personal boundaries that you've set, making you feel uncomfortable or unsafe. **Codependency.** [Codependency](#) is when one person centers their life and identity around pleasing or catering to their partner. A codependent partner may set aside their own hobbies and interests and only engage in activities that you feel responsible for paying off the debts your spouse accumulates when they gamble.

Abuse. [Abuse](#) can come in many forms, and some may seem more obvious than others. For instance, physical abuse involves actions like pushing and hitting, while verbal abuse might involve name-calling or yelling. Emotional abuse and psychological abuse can involve more subtle acts, such as shaming a partner to lower their self-esteem, or using [gaslighting](#) tactics to make them question their own perceptions of events.

Tips on how to have a healthy relationship

All romantic relationships go through ups and downs and they all take work, commitment, and a willingness to adapt and change with your partner. But whether your relationship is just starting out or you've been together for years, there are steps you can take to build and maintain a healthy relationship.

Even if you've experienced a lot of failed relationships in the past or have struggled before to rekindle the fires of romance in your current relationship, you can find ways to stay connected, find fulfillment, and enjoy lasting happiness.

The following tips can help you to preserve that falling in love experience and keep your romantic relationship healthy.

Tip 1: Stay connected through communication

[Good communication](#) is a fundamental part of a healthy relationship. When you experience a positive emotional connection with your partner, you feel safe and happy. When people stop communicating well, they stop relating well, and times of change or stress can really bring out the disconnect. It may sound simplistic, but as long as you are communicating, you can usually work through whatever problems you're facing.

It's not always easy to talk about what you need. For one, many of us don't spend enough time thinking about what's really important to us in a relationship. And even if you do know what you need, talking about it can make you feel vulnerable, embarrassed, or even ashamed. But look at it from your partner's point of view. Providing comfort and understanding to someone you love is a pleasure, not a burden.

Tell your partner what you need, don't make them guess.

If you've known each other for a while, you may assume that your partner has a pretty good idea of what you are thinking and what you need. However, your partner is not a mind-reader. While your partner may have some idea, it is much healthier to express your needs directly to avoid any confusion.

Your partner may sense something, but it might not be what you need. What's more, people change, and what you needed and wanted five years ago, for example, may be very different now. So instead of letting resentment, misunderstanding, or anger grow when your partner continually gets it wrong, get in the habit of telling them exactly what you need.

Take note of your partner's nonverbal cues

So much of our communication is transmitted by what we don't say. Nonverbal cues, which include eye contact, tone of voice, posture, and gestures such as leaning forward, crossing your arms, or touching someone's hand, communicate much more than words.

When you can pick up on your partner's [nonverbal cues](#) or “[body language](#),” you'll

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be able to tell how they really feel and be able to respond accordingly. For a relationship to work well, each person has to understand their own and their partner's nonverbal cues. Your partner's responses may be different from yours. For example, one person might find a hug after a stressful day a loving mode of communication—while another might just want to take a walk together or sit and chat.

It's also important to make sure that what you say matches your body language. If you say "I'm fine," but you clench your teeth and look away, then your body is clearly signaling you are anything but "fine."

When you experience positive emotional cues from your partner, you feel loved and happy, and when you send positive emotional cues, your partner feels the same. When you stop taking an interest in your own or your partner's emotions, you'll damage the connection between you and your ability to communicate will suffer, especially during stressful times.

Be a good listener
While a great deal of emphasis in our society is put on talking, if you can learn to listen in a way that makes another person feel valued and understood, you can build a deeper, stronger connection between you.

There's a big difference between [active listening](#) in this way and simply hearing. When you really listen—when you're engaged with what's being said—you'll hear the subtle intonations in your partner's voice that tells you how they're really feeling and the emotions they're trying to communicate.

Being a good listener doesn't mean you have to agree with your partner or change your mind. But it will help you find common points of view that can help you to [resolve conflict](#).

Understand you and your partner's love languages

Communicating love to partner can become easier when you understand their "love language" or how they prefer to show and receive love. According to Dr. Gary Chapman, author of the bestselling "The 5 Love Languages," the [five most common love languages](#) are:

- Acts of service
- Receiving gifts
- Quality time
- Physical touch

If you want your partner to feel the love you're trying to communicate, it's important to express it in their primary love language. If their love language is words of affirmation, for example, the complimentary words you use will convey love more effectively than a gift, a hug, or an act of service.

Manage stress
When you're stressed or emotionally overwhelmed, you're more likely to misread your romantic partner, send confusing or off-putting nonverbal signals, or lapse into unhealthy knee-jerk patterns of behavior. How often have you been stressed and flown off the handle at your loved one and said or done something you later regretted?

If you can learn to [quickly manage stress](#) and return to a calm state, you'll not only avoid such regrets, but you'll also help to avoid conflict and misunderstandings—and even help to calm your partner when tempers build.

Tip 2: Spend quality time face to face

You fall in love looking at and listening to each other. If you continue to look and listen in the same attentive ways, you can sustain the falling in love experience over the long term. You probably have fond memories of when you were [first dating](#) your loved one. Everything seemed new and exciting, and you likely spent hours just chatting together or coming up with new, exciting things to try.

However, as time goes by, the demands of work, family, other obligations, and the need we all have for time to ourselves can make it harder to find time together.

Many couples find that the face-to-face contact of their early dating days is gradually replaced by hurried texts, emails, and instant messages. While digital communication is great for some purposes, it doesn't positively impact your brain and nervous system in the same way as face-to-face communication.

Sending a text or a voice message to your partner saying "I love you" is great, but if you rarely look at them or have the time to sit down together, they'll still feel you don't understand or

appreciate them. And you'll become more distanced or disconnected as a couple.

The emotional cues you both need to feel loved can only be conveyed in person, so no matter how busy life gets, it's important to carve out time to spend together.

Commit to spending some quality time together on a regular basis. No matter how busy you are, take a few minutes each day to put aside your electronic devices, stop thinking about other things, and really focus on and connect with your partner.

Find something that you enjoy doing together, whether it is a shared hobby, dance class, [daily walk](#), or sitting over a cup of coffee in the morning.

Try something new together. Doing new things together can be a fun way to connect and keep things interesting. It can be as simple as trying a new restaurant or going on a day trip to a place you've never been before.

Focus on having fun together. Couples are often more fun and playful in the early stages of a relationship. However, this playful attitude can sometimes be forgotten as life challenges start getting in the way or old resentments start building up.

Keeping a sense of humor can actually help you [get through tough times](#), reduce stress, and work through issues more easily. Think about playful ways to surprise your partner, like bringing flowers home or unexpectedly booking a table at their favorite restaurant. Playing with pets or small children can also help you reconnect with your playful side.

Do things together that benefit others

One the most powerful ways of staying close and connected is to jointly focus on something you and your partner value outside of their relationship. [Volunteering](#) for a cause, project, or community work that has meaning for both of you can keep a relationship fresh and interesting. It can also expose you both to new people and ideas, offer the chance to tackle new challenges together, and provide fresh ways of interacting with each other.

As well as helping to [relieve stress](#), anxiety, and depression, doing things to benefit others delivers immense pleasure. Human beings are hard-wired to help others. The more you help, the happier you'll

Netflix Challenge

TWENTY-NINETEEN

The Netflix Challenge

HOW MANY OF THESE HAVE YOU BINGED?

<input type="radio"/> YOU	<input type="radio"/> GRACE AND FRANKIE
<input type="radio"/> STRANGER THINGS	<input type="radio"/> JANE THE VIRGIN
<input type="radio"/> ORANGE IS THE NEW BLACK	<input type="radio"/> FULLER HOUSE
<input type="radio"/> 13 REASONS WHY	<input type="radio"/> SENSE8
<input type="radio"/> LUCIFER	<input type="radio"/> BLOODLINE
<input type="radio"/> DAREDEVIL	<input type="radio"/> BETTER CALL SAUL
<input type="radio"/> HOUSE OF CARDS	<input type="radio"/> GREY'S ANATOMY
<input type="radio"/> BLACK MIRROR	<input type="radio"/> MAD MEN
<input type="radio"/> SABRINA TEENAGE WITCH	<input type="radio"/> PEAKY BLINDERS
<input type="radio"/> NARCOS	<input type="radio"/> GILMORE GIRLS
<input type="radio"/> THE CROWN	<input type="radio"/> THE GOOD PLACE
<input type="radio"/> BREAKING BAD	<input type="radio"/> FRIENDS
<input type="radio"/> OZARK	<input type="radio"/> ELITE
<input type="radio"/> MAKING A MURDERER	<input type="radio"/> SCANDAL
<input type="radio"/> GLOW	<input type="radio"/> HANDMAID'S TALE
<input type="radio"/> JESSICA JONES	<input type="radio"/> DEAR WHITE PEOPLE
<input type="radio"/> THE OFFICE	<input type="radio"/> ARRESTED DEVELOPMENT
<input type="radio"/> RIVERDALE	<input type="radio"/> AMERICAN VANDAL
<input type="radio"/> QUEER EYE	<input type="radio"/> ATYPICAL

circle total

1-5 6-10 11-19 20-38
AMATURE TWEEN OBSESSED ADDICT

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Never Have I Ever Challenge

NEVER HAVE I EVER

MARK WHAT APPLIES Made by @alex.templates

	I have	I have never
-Fallen in love in the first sight	<input type="radio"/>	<input type="radio"/>
-Cheated on a text or exam	<input type="radio"/>	<input type="radio"/>
-Got a tattoo	<input type="radio"/>	<input type="radio"/>
-Lied to skip school	<input type="radio"/>	<input type="radio"/>
-Bet on something	<input type="radio"/>	<input type="radio"/>
-Got really drunk	<input type="radio"/>	<input type="radio"/>
-Got into a fistfight	<input type="radio"/>	<input type="radio"/>
-Lied to my parents about where Im going	<input type="radio"/>	<input type="radio"/>
-broken up with someone	<input type="radio"/>	<input type="radio"/>
-been to a Disney park	<input type="radio"/>	<input type="radio"/>
-lied about my age	<input type="radio"/>	<input type="radio"/>
-went viral online	<input type="radio"/>	<input type="radio"/>
-regretted an apology	<input type="radio"/>	<input type="radio"/>
-made up a story to impress someone	<input type="radio"/>	<input type="radio"/>
-snuck out of the house	<input type="radio"/>	<input type="radio"/>
-stolen clothes from a sibling	<input type="radio"/>	<input type="radio"/>
-made a someone cry on purpose	<input type="radio"/>	<input type="radio"/>
-been on a cruise ship	<input type="radio"/>	<input type="radio"/>
-thrown a surprise party	<input type="radio"/>	<input type="radio"/>

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