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Valentine's Day Tips for the Single Girl

By Ashley Papa, FOX News Magazine Contributor, February 12, 2015

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The sight of roses, red trinkets and heart-shaped everything around Valentine's Day can leave those without a significant other down in the dumps.

If this sounds like you, you're in good company. Today, there are a lot more single people in America than there were when this commercialized holiday was created back in the 1800s, and their numbers only continue to rise.

READ: For The First Time in Recorded History, the Majority of Americans Are Single

But if Valentine's Day *still* makes you feel extra lonely, it's important to maintain some perspective and stay positive. Remember, Valentine's Day doesn't equal happiness.

If the hearts and roses are starting to get to you, here are six things girls can do to get through the holiday:

Love Yourself

Focus on what makes you great rather than question why you are single. It's about having a positive attitude, says matchmaker and founder of Selective Search Barbie Adler: "Even though it may be hard, think about all the potential this year holds for love. The year just started — you never know where you'll bump into Mr. Handsome."

Avoid Social Media

It can play tricks on your emotions. That goes for Instagram, Facebook, Twitter, etc. Photos and status updates of your friends and exes (and even that guy you've got an on-and-off thing happening with) can set your emotions in downward spiral, says Cupidspulse founder Lori Bizzoco. You don't need to see your coupled-up friends and their candlelit dinner — or worse, your ex and his new flame.

Speaking of Exes, Don't Reach Out to Them

It may be tempting to get a little attention and "see what he's up to," but remember the reason those old relationships didn't work out. "You were not right for each other," Adler points out. "Move past this. Be fair to yourself and focus on you." Besides, there are too many men out there dying to meet you, so why focus on one that you've already dismissed?

READ: 5 Things Only Single People Truly Understand

Continue Being Sexy

That's right. Just because you're single, it doesn't mean you can't sport sexy lingerie. "For single ladies, being aware that you have sexy lingerie on underneath your outfit, even if no one else is going to see it, will exude sparkle in your step," says ThirdLove lingerie designer Ra'el Cohen.

Keep Busy

Treat the day like any other day, advises Bizzoco. "Treat yourself with a little retail therapy. Do whatever it is that makes you happy. Even try to find something new to obsess over. It can be exciting and put you in a better mood."

Consider Yourself Lucky (Seriously)

Lucky because you haven't settled, says psychotherapist and author Ken Page. "How many people have settled into loveless relationships for the sake of having someone?" he asks. "Not you. It is the people who care the most about love that are most likely to succeed in finding the right partner."

WATCH: Matchmaker Explains How to Weed Out Losers

In other words, you should enjoy being single right now, because one day, you won't be.

If you vow to not be alone this time next year, focus on what you're looking for, throw away the checklist and learn from past relationships. Tell yourself, "from now on…" and use that to direct you to what you want.

And stay visible, says Adler. "Never turn down an opportunity or invitation. Every social outing increases your chances to meet new people." Maybe even *The One!*

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