

HUGS ARE GOOD

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8 Reasons Why You Need at Least 8 Hugs a Day - Happify Daily
Hugging, it seems, is universally comforting. It makes us feel good. And it turns out hugging is proven to make us healthier and happier.

Hugs may be good for your health

According to a number of experts and studies, the benefits of hugging are not only emotional but also physical. Here's what you need to know.

7 Reasons Why We Should Be Giving More Hugs | HuffPost Life

So the next time you leave the house and go to work, don't forget to hug your partner: It is not only good for your relationship, but also helps.

Science Says You Should Embrace Hugging | Time

A good hug increases the feeling of safety, security, trust and belonging. These are the foundations of all healthy relationships. Research has.

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The common cold does not seem to be the only disease affected by hugging. Leave a comment Name. I have cited the numerous benefits of hugs to all my clients, friends and everyone I get to talk to about be-with idea.

The study concluded that couples who spent extra time together felt more satisfied. Scientists have found that a stranger was capable of expressing a wide range of emotions to another person by touching different parts of their body. This stage spans from around age 19 to 40 and is...

One of the lead authors of the study, Michael Murphy, Ph.D. When someone touches you, the sensation on your skin activates pressure receptors called Pacinian corpuscles, which then send signals to the vagus nerve, an area of the brain that is responsible for among many things lowering blood pressure NPR reported.