



Counselor's Corner

February/March 2019

The Power of Hugs

We hug one another when we are excited, happy, sad, or for comfort. Hugs are universally comforting. It makes us feel good. Family Therapist, Virginia Satir, once stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need twelve hugs a day for growth."

While this may sound like a lot of hugs, it seems that many hugs are better than not enough. Unfortunately, many people today are touch-deprived because of the busy lives we lead with reduced social interaction.

So, starting this month, I encourage you to hug one person every single day. You will notice the change in those close to you and in yourself!



What are the Benefits of Hugging?

Science has proven that regular hugs with those closest to you can have especially positive effects on your brain and body.

Read on to find out how.

- Hugs reduce stress by showing your support for another.
- Hugs may protect you against illness. In a study of over 400 adults, Cohen, D. found that participants with a greater support system were less likely to become ill.
- Hugs make us happier. Oxytocin is a chemical in our bodies that scientists sometimes call the "love hormone." This is because its levels increase when we hug, touch, or sit close to someone.
- Hugs help you communicate with others. Communication occurs verbally or through facial expressions. Touch can be another important way that people can send messages to one another.