

# HUG THERAPY

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Everybody loves being hugged, and it's not just because a hug feels good. It goes deeper than this, straight to your hormonal levels. Hug therapy affects your entire body. Science based evidence says it is comparable to the effects of some drugs. A good hug can help you deal with emotional issues and can help you deal with life from the place of strength.

## *Benefits of Hug Therapy*

### **Reduces the Fear of Death**

Studies have shown that hugs play a significant role in reducing the fear of death. Studies show that many people fear death. When we lose a loved one, death has hit us where it hurts. It's a close and personal experience. It is only natural to think of and be fearful of our own death. Hugs can ease fears of dying!

### **Helps with Loneliness**

Loneliness has been shown to increase stress levels and can have adverse health effects. Even people who seemingly have supportive friends and family, loneliness is present to the degree of which a person feels lonely. I suggest that people do not judge a person's loneliness based on the number of family and friends they have. We each interpret our level of loneliness according to our emotions-according to how lonely WE feel!

### **Stimulates Feel Good Hormones**

Hugs help your brain's emotional center promote feelings like contentment and reduce anxiety and stress. There have been studies that have shown the amount of hugs a newborn baby gets is directly related to how the baby grows and develops both physically and emotionally. We are never too old for hugs. Keep in mind that elderly people seem to lack the most in daily hugs. We need to be especially mindful of this.

### **A Healthier Immune System**

When your hormones are balanced, your immune system is also well regulated. And a properly functioning immune system means a healthier life.

### **Nervous System Balance**

When you get or give a hug, your nervous system is naturally balanced.

The next time you're feeling stressed out, down or anxiety is getting the best of you, give hug therapy a try. Give your loved one, pet or even a stuffed animal a big hug and relieve your stress and tension! If there is nobody around to hug you when you need a hug, cross your arms over your chest and give yourself a good strong hug. Doing this has a positive effect on your brain. Sometimes we must hug ourselves and there is nothing wrong with that!