THE BENEFITS OF HUGGING

Helps lower the stress levels





Improves the efficiency of the immune system

Lowers blood pressure and heart rate





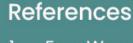
Improves sleep

Decreases the risks of depression





Increases well-being by the release of the oxytocin hormone



- Four Ways Hugs Are Good for Your Health; Berkeley
- 2. The Power of Hugs and How They Affect Our Daily Health; SCL Health



Source: https://www.momjunction.com/articles/different-types-of-hugs_00673097/