

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

References

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