

5 Snuggly Reasons to Hug Everyone

Whenever I'd had a really difficult day or it feels like the whole world is against me, I just need a big hug.

That's all it takes to help me disconnect, hit that reset button and feel utterly awesome again.

It doesn't matter whether it's coming from my partner, a good friend, a family member or even a complete stranger- a hug makes a massive difference to how I'm feeling.

Here are the five awesome reasons why you should start enjoying more hugs too:

#1: Hugs improve your relationships

Opening up and hugging the people around you is a great way to boost your relationships and improve those all-important bonds between you.

When we hold hands, we hug or we make love, our bodies release a hormone called oxytocin, unsurprisingly also known as the cuddle hormone. This awesome hormone is responsible for bonding (especially at childbirth), and helps build a sense of love and trust.

Let's not forget that the person you're hugging will also benefit from the bonding, calming and immune-system boosting results, and they'll feel awesome too. *Double win!*

#2: Hugs help us feel calmer

As I said at the beginning, hugs help us to instantly disconnect from the stresses and strains of our day and reconnect with the entire world.

Even if it's just for a moment, this physical contact actually reduces levels of the stress hormone cortisol in our blood stream, and helps us feel calmer and more in control of our lives.

#3: Hugs make you feel great!

Hugging makes your brain release a powerful cocktail of happiness hormones such as serotonin and dopamine which help you feel on top of the world. It does practically the same thing as eating (raw) chocolate, but without the calories!

And not just this- nerve sensors on your skin light up and light up the frontal cortex of your brain. This lifts your mood and helps you feel awesome.

#4: Hugs boost your immune system

Did you know that hugs actually help you fight off illness and get better faster?

The physical contact stimulates the thymus gland which helps stimulate your body's production of white blood cells. These are your illness-fighting cell and will keep you healthy and disease-free.

This human contact also helps boost the feelings of support and community which seems to have a magical effect on the body.

#5 They boost your self esteem

Your inner child is always there, waiting to be loved. That's all it wants.

When we're hugged by our partner, a friend or a family member, we're reminded of childhood, when were cradled by our parents, cared for and loved unconditionally.

This reminds that inner child that, despite what that inner negative voice might scream in our heads sometimes, we are loveable, we are valuable and we are deserving of our own love, kindness and understanding.

So what are you waiting for?

Get out there and start sharing your love and hugs with the world! You'll feel awesome, boost your self-esteem, strengthen your relationships, fight off illness and make a massive difference to the world.