

WELLBEING TIPS



HUGS

Oxytocin is a chemical that we release often called the 'love drug'. It is said to have a calming effect on us. Physical touch, such as a massage or a hug from someone special, releases this chemical into our systems.

Recent research has suggested 8 hugs per day can release enough oxytocin to significantly boost our sense of emotion health and wellbeing.

So go and fill up on your cuddles (or book a massage if you prefer!)