

# Do you need a hug?

During this time of social distancing, giving and/or receiving a hug to comfort feelings of uncertainty or overwhelm is off the table. The good news is that we can offer this experience to ourselves.

Our bodies release oxytocin and endorphins when we hug. This is a response from our mammalian caregiving system which is activated through soothing or comforting touch, soft vocalizations and feeling cared for.

*Some options include:*

*Placing one hand on the back of your neck*

*Placing one or two hands over your heart*

*Placing one hand on your heart  
and one on your belly*

*Holding both hands in your lap*

*Gently stroking your arms*

*Giving yourself a hug*

The intention behind this gesture is key. Make a conscious choice to give yourself this act of kindness and then allow yourself to receive the warmth and care you are offering.