

Feel Better!

In studies on the effects of personal contact Dr. Laura Johnson found that, "The evidence is overwhelming. **Everybody needs a daily dose of attention and a daily dose of touch for their emotional well-being.** It is as important as diet and exercise."

A brief hug with a loved one reduced the effects of stress on blood pressure and heart rate by half, according to a study at the University of North Carolina .

So, what are you waiting for? GO hug someone! :)

Breathe Your Stress Away

Researchers at Harvard found that **breathing slowly** and **deeply** from the abdomen triggers a blood flow boost to the brain and up to a 65% reduction in stress.

Take a deep breath, let your abdomen rise like a balloon as you inhale, filling it all the way.

As you exhale, let your abdomen gently relax back toward your spine.

It works!