

TODAY it's
International Hugging Day



Hugs as Medicine:

Mini Guide

@HEART4PEOPLE

DO's & DONT's when *Hugging*

DO's

- ASK FIRST: "DO YOU WANT A HUG?"
- AIM FOR A MINIMUM HUG OF 10-20 SECONDS
- BREATHE SLOW (2-3 CALM BREATHS TOGETHER = MAGIC)
- SOFT PRESSURE
- STAY PRESENT
- RESPECT DIFFERENT STYLES
- CHECK IN AFTER CONFLICT: "HUG OR SPACE?"

DONT's

- DON'T HUG WITHOUT CONSENT (EVER)
- DON'T USE A HUG TO OVERRIDE SOMEONE'S FEELINGS
- DON'T FORCE "LONG HUGS" IF THE OTHER PERSON STIFFENS OR PULLS AWAY
- DON'T GRAB / TRAP / HOLD TOO TIGHT
- DON'T EXPECT A HUG TO FIX EVERYTHING
- DON'T GUILT-TRIP: "WHY WON'T YOU HUG ME?"



Physical *Hugging Benefits*

LOWERS STRESS HORMONES

CAN REDUCE
PERCEIVED PAIN +
MUSCLE TENSION

RELEASES OXYTOCIN
(BONDING HORMONE)

HELPS THE NERVOUS
SYSTEM SHIFT INTO
REST & RECOVERY

CAN SUPPORT BETTER
SLEEP (ESPECIALLY
EVENING HUGS)

SUPPORTS LOWER
BLOOD PRESSURE +
SLOWER HEART RATE

Mental & Emotional *Hugging Benefits*

CALMS ANXIETY AND
INNER RESTLESSNESS

IMPROVES MOOD

HELPS EMOTIONAL
REGULATION

SUPPORTS RESILIENCE (MINI
RESET IN A BUSY DAY)

INCREASES FEELING
OF SAFETY

CAN REDUCE LONELINESS
AND INCREASE SELF-
WORTH AND SENSE OF
BEING "SEEN"

Social & Relationship

Hugging Benefits

BUILDS TRUST AND EMOTIONAL
CLOSENESS

STRENGTHENS
BONDING/ATTACHMENT
OVER TIME

IMPROVES
COMMUNICATION
WITHOUT WORDS

HELPS REPAIR
AFTER TENSION

INCREASES EMPATHY
AND PATIENCE
TOWARD EACH OTHER

CREATES A STRONGER
"WE-FEELING" IN COUPLES,
FRIENDS, AND TEAMS

Nervous System

(translated to real effects)

Hugging Benefits



● CO-REGULATION: ONE CALM BODY HELPS THE OTHER CALM DOWN

● HEART-OPENING: SOFTER CHEST, DEEPER BREATH, MORE PRESENCE

● GROUNDING: BRINGS YOU OUT OF YOUR HEAD INTO YOUR BODY

● BETTER BOUNDARY AWARENESS: YOU LEARN WHAT'S A REAL YES/NO IN YOUR BODY