
Oxytocin + Connections



A FRIENDLY TEXT MESSAGE, A PHONE CALL WITH AN OLD FRIEND OR A GESTURE OF KINDNESS RELEASES OXYTOCIN, THE HORMONE THAT HELPS US BUILD HEALTHY RELATIONSHIPS. DID YOU KNOW THAT OXYTOCIN REDUCES CORTISOL (THE STRESS HORMONE) IN OUR BODIES.?

Discussion Questions

1. How can we maintain workplace connections while working from home?

2. How do you like to be shown kindness? How can you show kindness to others? How can you show kindness to yourself?

3. Why is it important to show kindness toward ourselves?

Take Action

What is one way you can commit to showing kindness to someone else in your day-to-day life? Here are some examples to get you started:

1. Reconnect with an old friend or colleague. Research shows that kindness inspires more kindness.

2. Say something kind to a cashier.

3. Offer to run errands for someone when you are doing your own.

