

Oxytocin + Connections



A FRIENDLY TEXT MESSAGE, A PHONE CALL WITH A LOVED ONE OR A GESTURE OF KINDNESS RELEASES OXYTOCIN, THE HORMONE THAT HELPS US BUILD HEALTHY RELATIONSHIPS. WHEN WE CONNECT WITH OTHERS, OXYTOCIN REDUCES CORTISOL LEVELS (THE STRESS HORMONE) IN OUR BODIES.

Discussion Questions

1. Why is it important to maintain connections?

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. Clean up someone else's mess. Research shows that good deeds inspire more good deeds.

2. Reconnect with an old friend.

3. Check in on an elderly neighbour.

4. Say thanks to those who make a difference.

