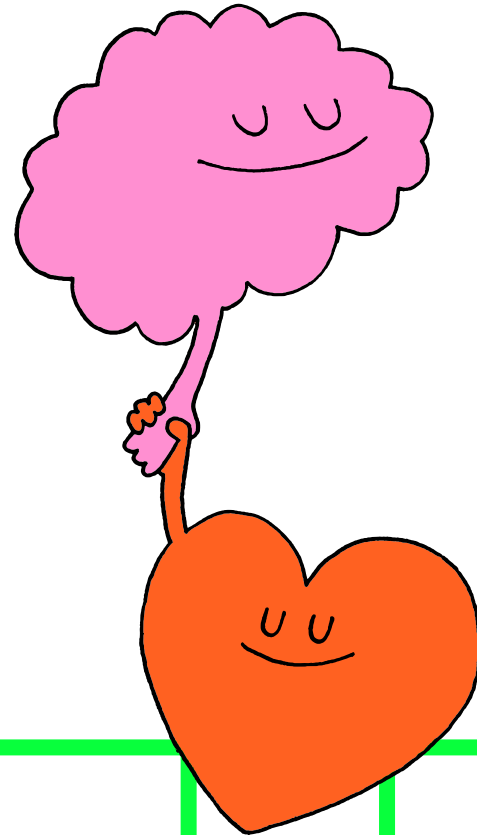


This is your brain on connections



Fact 1

Even thinking about connections can activate a release of neurotransmitters

Fact 2

Feeling socially connected reduces cortisol (the stress hormone)

Fact 3

Brain imaging reveals that all kinds of love grow the brain

Fact 4

Connections boost the release of oxytocin, the “love and cuddle” hormone