

10 Ways to Boost Your Oxytocin

Bonus Material

- 1.) Hold hands – physical affection increases oxytocin – so if you happen to be taking a stroll together or watching TV together, hold hands! Stay connected physically.
- 2.) See a powerful movie together – when we are pulled into emotionally compelling movies and get into the minds and hearts of the characters, our oxytocin levels rise.
- 3.) Exercise together – moderate physical stress when done with another person will deepen your bond with another. Ever wonder why professional team players can be so close? Part of the answer has to do with oxytocin!
- 4.) Go on a scary rollercoaster ride together – doing something scary together will also cause a spike in your oxytocin. If rollercoasters aren't your thing, think of another scary activity that you can do together to have fun and get a boost of oxytocin.
- 5.) Surprise your partner with dinner – generosity increases oxytocin. Your partner will also be pleased that you put thought into something for them, and who doesn't like a well thought out meal?
- 6.) Snuggle up with a pet – they don't call him "man's best friend" for no reason. As mammals, we are wired to connect, and not just with our partners but other mammals in general. If your partner's away, hold onto your dog or cat and make sure to do #7.
- 7.) Daydream about each other, especially when you're apart - there has been research that shows oxytocin is released when we just think about our partners when we have a good relationship. What could be easier than that?
- 8.) Hug it out – some research is shown that just by sustaining a hug for 30 seconds or so causes spikes in our oxytocin. This is just another reason to get more physical.
- 9.) Have a dance party – even if you look ridiculous, it's all about connecting.

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10.) ...and perhaps the most obvious: Get it on. Marvin Gaye knows a thing or two about oxytocin. Sex results in surges of oxytocin for both men and women, so go enjoy.