

# According to Studies, Women Need to be Hugged Once a Day to be Healthy

[Vanessa Ong](#) October 13, 2019

Hugging can make you feel good. Whether you're sad, lonely, or in comfort, a hug has the ability to change your day around and make the best of you.

It's not just the loving embrace with our partner that gives us that warm feeling in our hearts, it affects us so much more that scientists have shown how a hug a day, really keeps the doctor away.

Show this to your [bae](#) who's not hugged you for days?

## How hugging makes you healthier



Image: Srijaroen / Shutterstock.com

Hugging increases levels of the “love hormone”, [Oxytocin](#). This creates beneficial effects on your heart health. One study has shown that women had lower blood pressure following a brief episode of warm contact with their partner.

A 20-second hug reduces the harmful physical effects of stress, which makes sense as hugging is known to lower levels of stress hormones like [Cortisol](#). Wouldn't it be nice when your partner embraces you, especially after a long, tiring day?

## Two-way Street



Image: Doucefleur / Shutterstock.com

Hugging gives just as much a benefit for the person doing the hugging as the person being hugged, revealing the reciprocal nature of touch. Touch is even described as a universal language that can communicate distinct

emotions with startling accuracy!

One study has shown that touch alone can reveal emotions including anger, fear, disgust, love, gratitude, and sympathy, with accuracy rates of up to 83%.

When a woman is hugged once every day, her partner is able to better understand her emotions. This opens up more reciprocation between the two partners; building up trust and creating a healthy relationship. This sure keeps the doctors at bay!

## **Emotional Support**

The hug itself is likely to make you feel supported and cared about. Due to the release of oxytocin, also known as the “bonding hormone”, it promotes attachment in relationships, creates a level of intimacy and a safe space between you and your partner.

A 2010 study from Ohio State University found that couples with more positive communication behaviours have higher levels of oxytocin and they heal faster from wounds. These interactions between partners impact emotional well-being and allow both partners to be more receptive to each other's emotional needs.

Isn't it incredible how a simple, loving hug every day is able to induce these “feel good” hormones and provide a host of health benefits to your body and mind?