



Kiss from Heaven

During our first blast of winter last month, I was enjoying a warm cup of tea and was talking to my mother and sister on the phone. I mentioned how big and beautiful the snowflakes were falling gently to the ground. Sister promptly said, “they are kisses from heaven.”

Yes, they are, indeed! That brought a smile to my face. Hugs and kisses are essential as

humans. A big friendly hug releases a hefty amount of oxytocin – the feel-good love hormone.

Oxytocin can serve you in many ways- it can protect those under duress from catching colds associated with stress, it can fill you with a sense of well-being and relaxation, and it can melt stressful feelings away. Reduced stress is related to increased immune system function, better cardiovascular health, and increased well-being and productivity.

A lack of human touch has psychological and emotional consequences. The elderly living in long-term care are among the most vulnerable, particularly those living with dementia. The touch elders seek is informal, emotional touch. Touch that conveys warmth, concern, security, encouragement, and comfort. The older they get, the greater their need for human touch. Regular, gentle touch given with warmth and attention can have a huge positive impact on the elderly and us too. I love a good hearty hug- I agree it is wonderful for the spirit!

VERSE OF THE DAY

*Greet one another with a holy kiss. All the churches of Christ greet you.
Romans 16:16*



LEAD WITH THREE HUGS A DAY FOR THE OPTIMAL HEALTH OF
OUR MIND, BODY, AND SPIRIT!! GOD IS LOVE!

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