Find happiness through love

Physical closeness through holding hands, hugging, caressing, and intimacy raises your level of oxytocin – the love hormone.

- Make concrete plans to spend time with people you love, such as your partner, family, or friends.

- Look on the bright side and be with cheery people. Positive energy spreads from one person to another like an electrical charge.

- Give your partner a massage.

- Enjoy some cuddle time with your pet.