

TOUCHING THE SURFACE

STIRRING THE DEPTHS

RELATIONSHIP



WHY TOUCH?

- BOOKENDED BY HIGHLY INTELLIGENT
TISSUE

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- TOUCH IS THE FIRST SENSE, FROM WHICH ALL OTHERS ARISE

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WHY TOUCH?

- BOOKENDED BY HIGHLY INTELLIGENT TISSUE
- TOUCH IS THE FIRST SENSE, FROM WHICH ALL OTHERS ARISE
- WITHOUT TOUCH WE DIE
- WITH TOUCH WE HAVE THE OPPORTUNITY TO THRIVE

OXYTOCIN: THE LOVE HORMONE

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HOW DO WE INCREASE IT?

OXYTOCIN: THE LOVE HORMONE

HOW DO WE INCREASE IT?

- BREAST FEEDING

OXYTOCIN: THE LOVE HORMONE

HOW DO WE INCREASE IT?

- BREAST FEEDING
- ORGASM

OXYTOCIN: THE LOVE HORMONE

HOW DO WE INCREASE IT?

- BREAST FEEDING
- ORGASM
- HUGS

OXYTOCIN: THE LOVE HORMONE

HOW DO WE INCREASE IT?

- BREAST FEEDING
- ORGASM
- HUGS
- SNUGGLING

OXYTOCIN: THE LOVE HORMONE

HOW DO WE INCREASE IT?

- BREAST FEEDING
- ORGASM
- HUGS
- SNUGGLING
- HOLDING HANDS

OXYTOCIN: THE LOVE HORMONE

HOW DO WE INCREASE IT?

- BREAST FEEDING
- ORGASM
- HUGS
- SNUGGLING
- HOLDING HANDS
- PARTNER DANCE

OXYTOCIN: THE LOVE HORMONE

HOW DO WE INCREASE IT?

- BREAST FEEDING
- ORGASM
- HUGS
- SNUGGLING
- HOLDING HANDS
- PARTNER DANCE
- PRAYER

OXYTOCIN: THE LOVE HORMONE

HOW DO WE INCREASE IT?

- BREAST FEEDING
- ORGASM
- HUGS
- SNUGGLING
- HOLDING HANDS
- PARTNER DANCE
- PRAYER
- MASSAGE

OXYTOCIN: THE LOVE HORMONE

HOW DO WE INCREASE IT?

- BREAST FEEDING
- ORGASM
- HUGS
- SNUGGLING
- HOLDING HANDS
- PARTNER DANCE
- PRAYER
- MASSAGE

MASSAGE BENEFITS BODY & MIND

- INCREASES OXYTOCIN
- LOWERS CORTISOL

MASSAGE BENEFITS BODY & MIND

- INCREASES OXYTOCIN
- LOWERS CORTISOL
- REDUCES CHRONIC PAIN
- REDUCES DEPRESSION AND ANXIETY

MASSAGE BENEFITS BODY & MIND

- INCREASES OXYTOCIN
- LOWERS CORTISOL
- REDUCES CHRONIC PAIN
- REDUCES DEPRESSION AND ANXIETY
- HIGHLY BENEFICIAL TO THE IMMUNE SYSTEM
- INCREASES FOCUS AND PRODUCTIVITY IN THE WORKPLACE, AFTER JUST 10 MINUTES

A HUG, A PAT ON THE BACK, AND EVEN A FRIENDLY HANDSHAKE ARE PROCESSED BY THE REWARD CENTER IN THE CENTRAL NERVOUS SYSTEM, WHICH IS WHY THEY CAN HAVE A POWERFUL IMPACT ON THE HUMAN PSYCHE, MAKING US FEEL HAPPINESS AND JOY.

AND, IT DOESN'T MATTER IF YOU ARE THE TOUCHER OR THE TOUCHEE. THE MORE YOU CONNECT WITH OTHERS, ON EVEN THE SMALLEST LEVEL, THE HAPPIER YOU'LL BE.

SHEKAR RAMAN, MD (NEUROLOGIST)



RESILIENCE

THE GIFT OF OUR SCARS

- SIGN OF OUR HEALING

THE GIFT OF OUR SCARS

- SIGN OF OUR HEALING
- REMINDER OF OUR INNATE RESILIENCE

THE GIFT OF OUR SCARS

- SIGN OF OUR HEALING
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- INVITATION TO RE-STORY

THE GIFT OF OUR SCARS

- SIGN OF OUR HEALING
- REMINDER OF OUR INNATE RESILIENCE
- INVITATION TO RE-STORY
- OPPORTUNITY FOR SELF-CARE AND SELF-COMPASSION

POST TRAUMATIC

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**TOUCH
AND
POSITIVE PSYCHOLOGY
GO
HAND IN HAND**