



A 6-second kiss can...

- It can build a ritual of connection.
- It can create physical touch.
- It can be a bid for connection.
- If your partner has initiated, then it's turning towards your partner.
- It boosts fondness and admiration.
- It builds appreciation between you.
- It can increase your love maps of your partner's kissing style.
- It adds to your emotional bank account.
- It can boost your positives for the 5:1 ratio.
- It can lead to sex.
- It can be self-soothing.
- It can reduce cortisol (the "stress" hormone) and boost oxytocin (the "love" hormone).
- 20 second hug:

A 20-second hug can ...

- increase levels of oxytocin (the love hormone)
- reduce blood pressure and cortisol (the stress hormone)
- increase happiness
- lower stress
- improve relationships and connection

Those are all great benefits but even if the only thing we accomplish with a hug is showing someone else how much they are loved and how important they are to us, we can all spare 20-seconds.