



*"Oxytocin connects us to other people; oxytocin makes us feel what other people feel. And it's easy to cause people's brains to release oxytocin. Let me show you. Come here. Give me a hug."*

Paul J. Zak

## OXYTOCIN 'FEEL GOOD' BOOSTERS

THE MORE OXYTOCIN YOU PRODUCE, THE FASTER IT PRODUCES. IT'S A POSITIVE TRAJECTORY.

Known as the "love molecule," oxytocin is a powerful hormone and neurotransmitter involved with bonding, love, and trust. It plays a key role in mother-child bonding, loving action (towards self and others), trust, being seen, heard and valued, being in-love, and during positive social interactions, providing a sense of belonging and access to calm.

Oxytocin also significantly affects the functioning of our brain and nervous system and impacts our emotions. Low levels of oxytocin are associated with several conditions, including PTSD, codependency, heartbreak (withdrawal symptomology), mood disorders such as depression and anxiety disorders, social anxiety, obsessive compulsive disorder, ADHD, aggression and conduct disorders, eating disorders, personality disorders, and substance and process addictions (alcoholism, gambling, shopping, and more).

Low oxytocin is associated with the result of not having enough: (1) loving action towards yourself, (2) loving action towards others, (3) mutually beneficial, authentic, connecting social interactions and (4) enjoyable activities. It is empowering to realize these are all things you can BEGIN ADDING INTO YOUR LIFE STARTING NOW!

### ENGAGING IN ACTIVITIES THAT INCREASE OXYTOCIN PROVIDES MANY BENEFITS INCLUDING

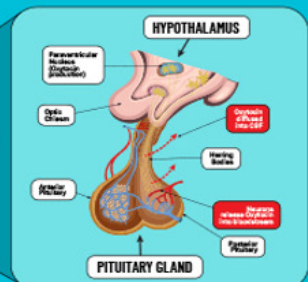
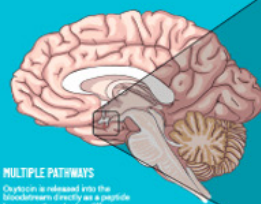
1. Makes us "feel good," and care about ourselves and others in tangible ways
2. Provides a sense of belonging and motivates us to be together
3. Reduces stress and anxiety and increases feelings of calmness and security
4. Suppresses activity in the amygdala, associated with fear, stress and anxiety
5. Improves mood and increases feelings of contentment
6. Stimulates the vagus nerve and increases heart rate variability
7. Reduces the release of cortisol, your body's main stress hormone
8. Reduces inflammation, improves immune system and accelerates healing
9. Increases creativity
10. Elevates pain threshold
11. Reduces withdrawal symptoms and tolerance to addictive drugs
12. Improves self-perception in social situations
13. Increases enjoyment of social interactions by stimulating production of endocannabinoids
14. Increases positive personality traits, empathy, warmth, trust, and openness
15. Significant effect on establishing monogamous relationships, romantic attraction and attachment to support trust and loyalty (low levels are likely an important factor in people who have commitment problems)

#NEUROHACK YOUR BRAIN FOR RESILIENCE

# OXYTOCIN

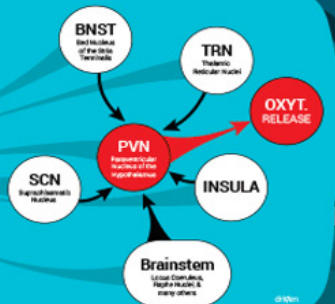
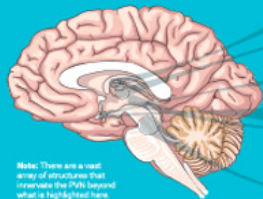
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## OXYTOCIN PRODUCTION



## PVN INPUTS

Neural structures that affect the paraventricular nucleus



1. STIMULATE OXYTOCIN NATURALLY



2. MAKE THE EFFORT TO GET SOCIAL



3. HELP OXYTOCIN HELP YOU



## 47 PROVEN WAYS TO INCREASE OXYTOCIN LEVELS

1. Gentle, kind, eye contact with others - even with strangers as you carry on your day
2. Creativity daily! Paint, cook, color, journal, write, play an instrument - or something out of your normal routine!
3. Give a gift - the key is to not expect a gift in return - surprise someone for no reason
4. Being trusted. You can't force people to trust you. You can, however, live with authenticity, to increase others' trust
5. Listen with complete attention and intention - truly seeking to understand someone you care about
6. Allow moments of calm: doing nothing, journaling, meditating - it only takes about five minutes of calm, as oxytocin increases within each moment you are not under the fight/flight mode (stress response system)
7. Emotionally connect and speak to someone you care about and trust, with vulnerability and honesty
8. Laugh - find ways to laugh more, comedies, playful conversation, tell jokes, hehe
9. Be playful! Like how kids play! They smile and laugh a lot. Whenever they are in that moment, they are releasing oxytocin. This doesn't mean you should force smiling when sad, as faking smiling has opposite impact (See #10)
10. Cry when you feel like **crying** (suppressing emotions lowers oxytocin levels, experiencing them increases levels)
11. Validate, experience and feel your anger burn through when you feel angry. Feeling angry and sad at the same time can produce **angry tears** which are especially cleansing! Allows the body and mind to process intense emotions in order to let-go and return to calm (as oppose to holding onto/repressing anger or frustration)
12. Pet your pet for at least 5 minutes (studies show gentle eye contact with your mammal is also oxytocin-boosting)
13. Receive gifts and kindness with gratitude
14. Feel grateful. A powerful practice is to journal what you are grateful for each night - even if you do not have much or are going through a difficult time in life, finding one small aspect to be grateful for is enough
15. Be mindful of your breath and allow for more relaxed breathing - when the vagus nerve is inflamed, breathing becomes more shallow triggering fight/flight stress response, which then reduces oxytocin)
16. Pranayama breathing (simple version is to sit and breath in for 4 seconds, breath out for 4 seconds, breathe in for 4 seconds, etc.; for ten minutes a day). Square Breathing is similar to this.
17. Spend time with good friends, loved ones/family members/kids and sharing a meal with them is even better

18. Words of encouragement, to yourself and your Inner Child (your "feelings")
19. Words of encouragement to another
20. Receive words of encouragement from another and state your appreciation for their encouragement too!
21. Make sure you are getting enough Magnesium, Vitamin C, and Vitamin D (recommended daily allowance)
22. Research shows that *Lactobacillus reuteri* significantly increases oxytocin levels
23. Supplement with 500 mcg of melatonin daily
24. Massage - light massage is more effective than a deep-tissue massage
25. Meditate while focusing on your Inner Child, visualize yourself when you were about 7 years old and nurture self
26. Journal your Inner Child/Feelings (Inner Connecting and Inner Bonding Journaling)
27. Connect with your emotions and feeling compassion for yourself (Mindful Self-Compassion)
28. Meditate for others: "metta" meditation focuses on loving others (boosts feelings of connectedness and thus boosts oxytocin better than standard meditations)
29. Pray for others (or send good thoughts/hopes/intentions to others)
30. Walk outside - statistically correlated with higher levels of oxytocin than walking inside
31. Tell those you care about that you love them
32. Hug. Frequent hugs and for at least 20-30 seconds per hug. Eight hugs a day is ideal (research shows that touch not only raises oxytocin, but it reduces cardiovascular stress and can improve the immune system, too... ask to hug instead of shake hands and see what happens when you give the gift of oxytocin)
33. Enjoy a warm bath (or shower, but a bath is better)
34. Random Acts of Kindness - even giving money to a charity works
35. Take time to taste your food - food activates touch receptors in your mouth, which stimulates release of oxytocin
36. Mindfully experience feeling full - when food reaches your gut, a hormone is released from the intestines that activates the vagus nerve, stimulating the release of more oxytocin in the brain (eating makes people feel calm and satisfied) - the more you feel full mindfully, the more this can prevent over-eating as well
37. Watch a movie (compelling narratives boost oxytocin)
38. Jasmine and lavender scents and essential oils
39. Exercise in warmer temperatures - sweating activates oxytocin production
40. Yoga stimulates the vagus nerve, allowing for more calm and thus more oxytocin
41. Sing for 30 minutes
42. Listen to slow-tempo music - increases both oxytocin and heart-rate variability
43. Cuddle with someone you care about and holding hands works too
44. Sex (women release oxytocin creating feelings of bonding; studies report men release dopamine, the neurotransmitter of pleasure and 'wanting more,' and oxytocin with those they've already formed "attachment" with)
45. Prepare and eat brightly colored foods
46. Social media - slight increase in oxytocin but not even close to the oxytocin boost you get from being in-person
47. Do something exciting and adrenaline-producing with with someone! Tandem skydiving, for example, is proven to produce a 200% oxytocin spike! Ride a roller coaster and you experience an immediate bond with the person next to you. Depending on your perspective, simply riding in a vehicle, on a quick road trip could be exciting, and thus, a bonding, oxytocin-boosting moment.

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