

The Benefit of Oxytocin

After Romance fades, you need to do smart things to trigger Oxytocin release in your brain. Oxytocin helps you feel happy and bonded with your partner. Safe touch releases Oxytocin.

Take action every day to connect and protect your relationship during potentially stressful times such as: waking up, leaving for work, reuniting after work, ending a meal, and bedtime.

Reduce stress and create closeness and safety with these Mindful Methods:

1. When you greet each other in the morning, share a smile, a kiss, and kind words. Plan ahead how you will greet each other. Do it every day.
2. When you reunite at the end of the day, share a full-body hug while standing up. Hug each other and do not let go until you feel your partner completely relax in the embrace. Do this daily without fail. *(from Stan Tatkin, author of Your Brain on Love)*
3. When you reunite at the end of the day, share a 10-second kiss. Do this daily kiss and be sure it's a wet and deep kiss with a full-body hug. "The ancient Chinese considered the saliva of one's lover an elixir." *(from Felice Dunas, author of Passion Play)*
4. Cuddle on the sofa when you watch TV. Put your head on his/her lap, hold hands, spoon on the couch, give foot rubs, head rubs, etc.
5. Hold each other in bed (dressed or undressed) for several minutes before going to sleep. Do this even if you sleep in separate rooms. While silent, allow your breathing to synchronize. While holding one another, allow daily shame or fears to wash away. Allow yourself to feel compassion, appreciation, and connection. (Initially, you may want to set a timer for 5-10 minutes to feel fully relaxed and avoid clock watching.) *(from Pat Love & Steven Stosny, authors of How To Improve Your Marriage Without Talking About It.)*

Try out a Mindful Method at least 8 times before assessing how it feels. Use these ideas or create your own daily rituals to connect. No matter how you feel, practice daily. Busy is NOT an excuse. If your partner seems distant or moody, approach them anyway, and remind them of your Mindful Methods. "We both agreed, come on, let's do this. Our goal is to connect. It doesn't take long, and you could feel a lot better." Practice around your children - it's a gift to witness connected and loving parents. If there's resistance, notice what is happening for you, and bring this to your next therapy session.



"Opportunities for self-discovery, healing and empowerment"