

OXYTOCIN PLEASE

NATURALLY BOOST YOURS



WHAT IS OXYTOCIN?

Oxytocin, often referred to as the “love hormone,” plays a significant role in emotional bonding and stress regulation. Research has shown that oxytocin can be effective in supporting emotional healing after traumatic experiences. It helps reduce fear responses, enhances feelings of safety, promotes trust, and facilitates social bonding. After trauma processing, increasing oxytocin levels may aid in reinforcing positive social connections and reducing lingering symptoms of hypervigilance or anxiety.

OXYTOCIN & DANCING?

Did you know that dancing with others can significantly boost oxytocin levels? Whether it’s swaying to music, doing a silly dance in your kitchen, or even synchronized movement like group yoga, shared rhythmic activity strengthens social bonds and helps regulate stress. Studies show that even tapping your foot in sync with someone else can enhance feelings of trust and connection—helping the brain process trauma more safely. So, next time you’re feeling overwhelmed, put on your favorite song and dance it out—your nervous system will thank you!

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WAYS TO NATURALLY BOOST OXYTOCIN IN REAL LIFE:

- ♡ Physical Touch: Hugging, cuddling, holding hands, or even petting a dog can stimulate oxytocin release.
- ♡ Social Bonding: Spending quality time with loved ones, engaging in group activities, or participating in community gatherings can enhance oxytocin.
- ♡ Acts of Kindness: Helping others, volunteering, or expressing gratitude can elevate oxytocin levels.
- ♡ Meditation and Mindfulness: Practices that focus on loving-kindness or compassion meditation have been linked to increased oxytocin production.
- ♡ Exercise: Moderate exercise, especially activities like yoga or group sports, can boost oxytocin levels.
- ♡ Listening to Music: Listening to soothing or emotionally engaging music can help release oxytocin and reduce stress.

Integrating these activities into daily life can create an environment of safety, connection, and emotional resilience, which supports recovery and well-being after trauma processing.