

Oxytocin releasing activities

Below you find a list of activities that release oxytocin in you or in others.

- Caring for other people (partner, kids, colleagues)
- Be present and show connection between people
- Confidentiality A caring and confidential conversation
- Trust between people. The more trust you show the more oxytocin for both parties
- Listen to connect not to fix
- Enjoyment relax, a good book, get out in the son, yoga, meditation.
- Have fun
- Everything that turns the energy inwards and resets the outer activities that triggers oxytocin

[YOURSELF] What activities can you conduct to increase the level of oxytocin for yourself?	



shower of oxy	tocin and how can you supply that?
=	It activities can you conduct to increase the level of direct towards others? What should you maybe stop
What is the firs	t step you must take to implement your ideas?