

## 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 sun, 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?

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[OTHERS] Who (colleague, partner, kids, family) could really use a shower of oxytocin and how can you supply that?

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[OTHERS] What activities can you conduct to increase the level of oxytocin you direct towards others? What should you maybe stop doing?

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What is the first step you must take to implement your ideas?

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