

A woman with dark hair, wearing a light blue shirt and green earrings, is smiling and holding the bridle of a brown horse with a white blaze on its face. The background shows green trees and a clear blue sky.

10

Ways to Increase *Oxytocin*

(The “Love and Bonding” Hormone)

the girlfriend doctor
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1

Experiencing Activities you Love

Here are some of my favorites: walking on the beach, watching sunsets and sunrises, painting, horseback riding, cuddling up in your chair with a favorite book.

3

Be Playful

Think about that child on the playground who is acting silly without self-criticism or self-consciousness. Really engage fully, fearlessly enjoying those fun activities.

5

Get or Give a Massage

Whether you are giving a massage or receiving a massage, touch is a beautiful way to increase your level of oxytocin.

2

Laughing

Laughter is the best medicine! Try watching funny movies or calling a friend who makes you laugh. Bring your humor with you when you are with friends and family.

4

Be Generous with Hugs

I call them heart hugs and when you give a heart hug allow yourself to connect with that individual and let them know that you care about them.

6

Enjoy a Pet

Being able to connect with an animal on a non-verbal level is a beautiful experience. They give unconditional love and that is priceless way to increase your oxytocin.

7

Give to Charity

The Bible says “God loves a cheerful giver.” Giving is a great way to spread good in the world and you get the gift of increased oxytocin.

8

Engage in Your Community

Giving aid to others and allowing them to give aid to you is a wonderful exchange that increases oxytocin and makes you feel great!

9

Intimacy

Think about that child on the playground who is acting silly without self-criticism or self-consciousness. Really engage fully, fearlessly enjoying those fun activities.

10

Gratitude

Expressing gratitude is a wonderful way to increase your oxytocin. I recommend five minutes of “gratitude journaling” each day and writing “thank you” notes weekly.

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This is an excerpt from the “*Live with Peace and Purpose*” module of my Magic Menopause program. To learn how you can join the other women making menopause the best time of their life visit go.magicmenopause.com/join