

HUG:

SQUEEZE SOMEONE TIGHTLY IN ONE'S ARMS TO EXPRESS AFFECTION



The argument could be made that God created mankind to function better with hugs. Research demonstrates that hugs affect the chemistry in our bodies in positive ways. Hugs increase certain chemicals in our bodies that make us feel better, physically and emotionally and have been shown to reduce blood pressure and stress.

The problem is that we tend to let the busyness of life keep us from taking the time to hug. There are so many things that will negatively affect our relationship and we don't make it a priority. We have a spat and one spouse or the other gets mad and pulls away. Rather than moving toward each other, we move away. Too often men view an intimate hug with their wives as a precursor to sex. Nonsexual embracing is important, no, *critical* to a healthy marriage relationship! Hugging your spouse is a quick and easy way to connect with your spouse and demonstrate your love for him or her.

One article lists 15 different types of hugs! Another lists 7 benefits. The challenge for us is to be purposeful about taking a minute to stop and give our spouse a hug. One psychological "expert" suggests that people need 8 hugs a day for "maintenance" - remaining emotionally healthy and that people need 12 hugs a day for "growth." Hugs can reduce fear, pain and make you happier.

So, why not give it a try? Let's experiment and aim for several hugs with our spouse every day and see what it does for our relationship. My wife woke up this morning, came out of the bedroom and I stopped writing this article to give her a hug. I am committed to giving her several hugs a day and see what it does to our marriage relationship. You can do the same and you can even send an email to info@fortifiedmarriages.com to report how hugging has affected your marriage. I will report my findings as a side note on the next newsletter/blog. Start giving your spouse hugs throughout the day, every day!

Helpful Resources: *Fortified Marriages Resource page: www.fortifiedmarriages.com*

Articles to check out:

7 Benefits of Hugging Your Spouse Every Day by Alisa and Tony DiLorenzo
oneextraordinarymarriage.com

Hugs and kisses: Research connects affection, attachment style and marriage satisfaction
By Jennifer Micale - www.binghamton.edu