

# 12 BENEFITS OF A HUG\*

\* It only works if it's consensual!

BE KIND. STRESS LESS.

#HUGMORE

## a hug can...

- reduce stress
- improve your mood
- reduce fear
- reduce pain
- calm nerves
- help you feel less alone
- help resolve conflict
- promote trust
- boost sleep
- improve self-esteem
- relax muscles
- boost empathy

### Caring for others cares for the self.

Research shows walking around and offering kindness, such as a hug, reduces one's own anxiety and increases empathy, caring, and feelings of connectedness.

### Connection with others can start with a hug. Just how many hugs?

Some say **8** hugs a day for maintenance, **12** hugs a day for growth.

We say, **as many as possible.**

## sometimes we need more than a hug

### Are you experiencing more than a bad day?

You're not alone: 39% of young adults feel overwhelmed by all they have to do.

- Try to seek help before it feels like a crisis. There is no such thing as "not bad enough" to seek therapy or other services.
- Know that your friends will most likely support your decision to seek help: more than 90% of students think positively of someone seeking help for mental health!

### 24/7 Resources for Support

Concerned about yourself or a friend? Contact your counseling center, a local mental health care provider, or the following resources, which are always available:

**The Lifeline:** call 1-800-273-TALK (8255)

**Crisis Text Line:** text "BRAVE" to 741-741

**The Trevor Project Lifeline:** call 1-866-488-7386

### Do you know someone in pain? Talking to them can help.

3 simple steps will help you listen and let your friend know they are not alone:

1. **Validate:** "I believe you."
2. **Appreciate:** "Thank you for talking to me, I know that took a lot of courage."
3. **Refer:** "I think it might be helpful to talk to someone. I can stay with you while we call a hotline."

### You don't have to be an expert to help.

Just being there with a hug, a listening ear, and an understanding mind is what it's all about. Check out [activeminds.org/hugmore](https://www.activeminds.org/hugmore) to learn more.

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