Make it a PDA kind of day (not in a weird way)

Did you know you can increase your overall happiness and physical health by simply embracing another person? There’s even science to prove it. When you give someone a hug, the amount of cortisol — a stress hormone — in your body immediately reduces. Pressure receptors called pacinian corpuscles send signals to an area of your brain called the vagus nerve area, which results in lower blood pressure. In other words, go find someone to hug.

HEALTHY MIND