



**Day 13: Here's what you want to do:**

- 1.) Write down your 10+ daily gratitudes, focusing on anything for which you're grateful that has happened in the last 48 hours. Anything new happen? Anything you usually take for granted that you're particularly grateful for? An unusually pleasant hot shower, walk, meditation, conversation, food, activity, or feeling?
- 2.) If you have someone available and willing, your job (twice during the day if you can) is to give/receive a 30+ second hug. A real hug. Full arms embraced around one another for at least 30 seconds. (If you don't have someone around to help with this, you can snuggle a pet or hug a pillow or do something else that has a similar effect, like watch a funny video or go for a walk.)

Hugs are really great for relationships and once you pass the 20 second mark it starts to release more oxytocin, which is the happiness/love hormone. This hormone makes you happier, feel better, and actually helps decrease inflammation in your body. It can also be released from snuggling an animal, a child, another person, smiling, laughing, sex, getting a massage, breastfeeding, music, exercise, playing, singing, and more.