

# WHAT STIMULATES THE RELEASE OF OXYTOCIN?

- It appears that most, or all of oxytocin release happens from sensory input via sensory nerves.
- Feelings of security, satiation, and pleasure
- Childbirth (*uterine contractions*)
- Nursing and sucking actions (*such as sucking the thumb*)
- Touch is one of the most powerful stimulants; especially pleasant touch, stroking touch, rhythmic touch
- Friendship, closeness
- Bonding experiences
- Sexual behavior, sex, and intimacy
- Oxytocin causes an increase in oxytocin receptors and oxytocin production
- Thoughts, memories, feelings of the above experiences
- ....and probably things like:
  - Some types of massage, chiropractic adjustments, acupuncture, and other body-mind-spirit based techniques
  - Laughter
  - Random happiness
  - Deep sleep (*delta sleep*)
  - Deep rhythmic breathing
  - Tai Chi and other related practices
  - Rocking
  - Singing
  - Meditation
  - Certain types of music, dance, art, literature
  - Giving and receiving unconditional love
  - Interaction with animals
  - A job or activity well done, especially if it benefits many
  - Play
  - Positive, meaningful experiences
  - Practice

**Question:**

*If we can send ourselves into an anger or anxiety attack at the drop of a hat, how can we put ourselves in the calm, connected, and coordination system just as quickly?*

**Answer:**