

WHAT STIMULATES THE RELEASE OF OXYTOCIN?

It appears that most, or all of oxytocin release happens from sensory input via sensory nerves. What's even more interesting is that Oxytocin is a "feed forward hormone" meaning the more you get it, the more you want it.

- 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 when having 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 in 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 animals
- Doing a job well or activity well done, especially if it benefits many
- Play
- Positive, meaningful experiences

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: Do as many of the above as often as you can.