

# BENEFITS OF HUGGING A TEDDY BEAR



IF YOU HAVE ANY **PRE-LOVED BEARS**, YOU CAN DONATE THEM TO NEARBY **ORPHANAGES, CHARITIES OR HOSPITALS.**

## 1. IT CAN MAKE YOU HAPPIER

Hugs help your body release oxytocin and serotonin. Oxytocin acts as a stress reliever and serotonin helps stabilise our mood.

## 2. IT CAN HELP YOU SLEEP

Used as self-soothing behaviour, it can help us sleep.

## 3. PROVIDES A SENSE OF SECURITY

If we are emotionally attached to our teddy bear, it can help provide stability during difficult times. It can increase our emotional and mental well-being in times of change or loneliness.

