

Tips to Combat Touch Deprivation

Social distancing measures mean that many people, especially those living alone, are deprived of our most basic need for human touch. It has been reported that many are now feeling the adverse effects of a lack of touch and social connection. When we are touched, we release oxytocin, a hormone responsible for regulating positive moods and making us feel happy, this is why touch is so important. There are ways we can cope with touch deprivation, even if the touch is not coming from another person. These practices can comfort our bodies during this challenging time. Below are a few soothing practices to help.

- **COMMUNICATE WITH LOVED ONES**

Stay in regular touch with people you know, especially those you may not have spoken with for a while. Check-in with them by webcam, telephone, email or send a letter.

- **SLEEP WITH A BODY PILLOW**

A body pillow mimics what it feels like to hug or cuddle with another person. Sleeping with one can help to reduce stress and aid the body in releasing oxytocin. It can also create a more comfortable sleep by supporting the back and shoulders.

- **USE A WEIGHTED BLANKET**

Weighted blankets offer deep pressure stimulation, which relaxes the nervous system, and they are great for calming anxiety too. Weighted blankets can help deepen sleep and give your body a sense of safety.

- **SKIN BRUSHING**

Skin brushing engages the pressure receptors in your skin, for more information about the benefit and a step by step guide from Verywell Health

<https://www.verywellhealth.com/dry-brushing-the-skin-4177763>



- EXERCISE

Exercise engages the pressure receptors in your skin, some examples you can try if you are able, doing yoga, going for a fast walk or dancing.

All these methods can help combat touch deprivation. When you find yourself needing touch, consider incorporating these practices into your daily routine.

