Why a hug is good for your health

January 02, 2015

The New Zealand Herald:

If you're struggling to get your beloved under the mistletoe this year, then help is at hand.

Scientists have revealed that hugging is good for our health, helping to prevent infection and relieve stress.

They say just a cuddle or squeeze is enough to reduce illness symptoms and the more you do it, the greater the effect.

Researchers from Carnegie Mellon University in the US quizzed 400 people about their personal conflicts and the sort of support they received.

They then exposed them to a common cold virus and put them in quarantine.

The results showed that people who felt well-supported by family and friends were less likely to fall victim to infection due to stressful situations.

And hugs were responsible for one-third of the protective effect of social support.

Read the whole story: ***[The New Zealand Herald](#)***