

## 0106 - Holiday Calendar Page - National Cuddle Up Day

Calendar Planning Page - National Cuddle Up Day

Cuddle Up Day, January 6, is an opportunity to snuggle up to someone on a cold winters' day or night. Chances are it's cold outside. So, cozy up to a special someone, and enjoy the warmth and love. This day is enjoyed by both young and old.

Rating: Not Rated Yet

**Price**

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Manufacturer [Planners 4 Life](#)

Description

## NATIONAL CUDDLE UP DAY

Each year on January 6th, National Cuddle Up Day encourages us to snuggle up with someone for the health benefits and more!

January is typically some of the coldest days of the year, so what better way to stay warm and reap the health benefits of cuddling on National Cuddle Up Day? Whether it's a three dog night (a night so cold it takes three dogs to cuddle up with to stay warm) or only slightly chilly, there are multiple benefits to cuddling with human or pet.

Cuddling releases oxytocin. This hormone alone has tremendous health benefits. Besides giving us warm and fuzzy feelings, oxytocin reduces pain. So when the cold has made those muscles and joints ache, cuddling can help reduce those aches and pains.

Oxytocin also helps reduce heart disease, lowers blood pressure, stress, and anxiety. If it weren't free, insurance carriers would probably cover cuddling since it's such a huge health benefit!

Communication is more than just e-mails, texts, or conversation. Physical touch can communicate trust, commitment, safety, and reassurance. This goes for human to human contact as well as human to pet contact. Cuddling expresses all these things, which are vital to a healthy relationship.

Cuddling also boosts sexual desire. Dopamine is released, stimulating the brain to seek pleasure. But dopamine also can improve memory and focus as well.

#### Reviews

There are yet no reviews for this product.