

# Positive Social Interaction

## BREAK YOUR STRESS CYCLE



Socializing increases oxytocin, a hormone in your brain that decreases anxiety.

Walk in the park, chat on the phone, or meet up for a safe, shared experience. You can still maintain a connection while being safely distanced.

Visit [swbhp.org](http://swbhp.org) for more information about *Breaking Your Stress Cycle*.