

Virtual Hugs!

...how to get an instant feelgood fix!

By Sharon Banham – Happiness Club Trainer

Set it up!

Connect with the person you want to hug, via text or message, even better by phone and describe your hug to them.

Tell them you're wrapping your arms around them, that you're squeezing them extra tight! If you generally pat somebody on the back when you're hugging, tell them what you're doing. Tell them how long the hug is going to last for. Describe it in as much detail, with as much feeling as you can. And ask them to describe theirs to you.

Hugs galore!

So then, when you want that hug, you NEED a hug, just send a text or phone them up and say hug.

Visualise what they've described to you, visualise them wrapping their arms around you, visualise them squeezing you extra tight, visualise it for as long as you can. They will be doing the same on the other end, they will be visualising your arms wrapped around them.

Let it go!

FEEL the emotion, let it flood you – cry if you need to!

In this way we can continue to have that emotional need met.