

How **love** helps your brain



Love

Love has lots of benefits for all parts of our bodies, including our brains! Love can make us feel happy, connected to others and improve our quality of life.

Mental

Love and social interaction are very important for our brain and mental health.

Love can improve our motivation, attention and ability to control our emotions, decrease risk of depression, anxiety and suicidal thoughts, and release chemicals that make us feel good, like dopamine, oxytocin and norepinephrine, among others.



Physical

Science shows that love isn't just mental – it's physical too. Love can decrease stress. When we are stressed for long periods of time, there can be effects on our physical health.

Feeling love or being connected to others is also associated with a lower risk of health problems like heart disease, high blood pressure and diabetes.



Immunity

Love even has a positive effect on our immune system, which helps us to fight off illness like the flu. Being connected to others has also been shown to decrease body-wide inflammation, which is believed to play a part in disease.



Types of love

Love isn't just romantic! It can be, but there are many types of love. Love can also be with our families, our friends, even love for our pets, hobbies and favourite places or things.



Romantic partner



Family



Favourite place



Hobbies



Favourite items



Pets



Friends

Love Sources

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