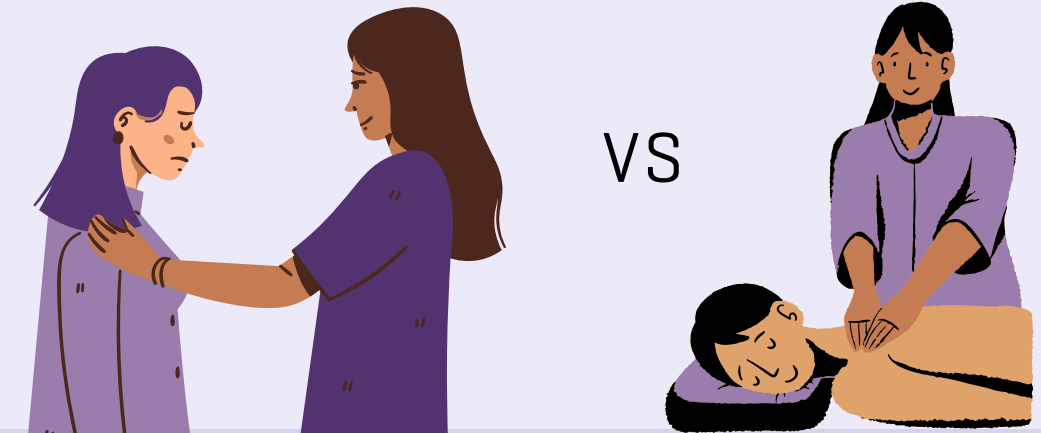


Is physical touch good for our health?



Touch can be good for your physical and mental health as it can significantly reduce pain, anxiety, depression, and stress.

Shorter, more frequent touches can be more effective than longer, more intimate touches.

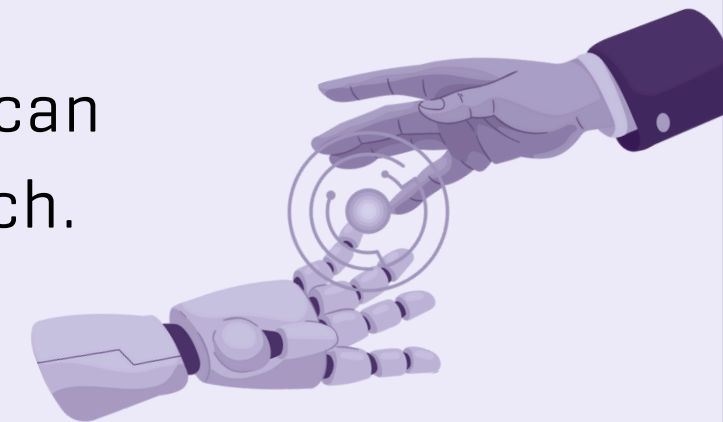


VS



Babies show benefits from touch too. In fact, they benefit significantly more when they are touched by a parent.

Non-human touch [e.g., robot or weighted blanket] can improve physical health just as much as human touch. Mental health, however, does require human touch.



Note, touch can only be effective if it is consensual.