Dearest Families,

I recently read a Wonderopolis article about the science behind love. In honor of February, the month of love, I thought I would share the significance of this emotion, especially in our daily interactions with one another. Scientifically speaking, when you’re around people you love, your brain reacts in a certain way. It releases lots of two chemicals - oxytocin and vasopressin. These chemicals make you feel attached to the people you love. This attachment makes you feel safe, happy, and feel a great desire to spend time with these people. We often feel huge amounts of this emotion when we are with our family and friends. So here's the deal...this Valentine’s Day, let’s focus on those moments when we are flooded with oxytocin. Let’s thank all the people in our lives who make us feel safe, happy, and LOVED. And most importantly, let’s enjoy those moments together.

Happy Month of Love!

Best,

Amanda Ensor