

REACH NEWS JUNE 29, 2020: Four Things To Make Everyone Feel Loved & Garden Tips!

The Four Things that Make Practically Everyone Feel Loved & “The Next Best Thing” to Use in Your Garden

Piglet: “How do you spell love?” Pooh: “You don’t spell it. You feel it.”

Love is taking a few steps backward, maybe even more....it give way to the happiness of the person you love. Winnie the Pooh

There are so many things that can make you happy. Don’t focus too much on things that make you sad. Winnie the Pooh

The Four Things that Make Practically Everyone Feel Loved

According to a new survey (Journal of Social and Personal Relationships), there are some behaviors that nearly all participants agreed would make people feel loved:

- 1) When someone shows compassion toward them in difficult times
- 2) When a child snuggles up to them
- 3) When their pets are happy to see them
- 4) When someone tells them “I love you”.



Studies have shown that simply making eye contact with dogs increases their owner’s level of oxytocin, also known as the “love hormone” because it promotes bonding. A parent who cuddles with their child will get a big dose of oxytocin too. And anyone who’s had a friend call them up after a bad day, or exchanged an “I love you” with a trusted family member, can attest to the power of these small, but meaningful gestures. The study is a nice reminder of the simple things all of us can do to show our appreciation for one another.

GARDENING TIP

The Garden Bandit (Lee Valley site, I ordered two, totally, with shipping/taxes, \$36.00) is a highly recommended gardening tool (Karen Poste, Gardener Extraordinaire, plus several others). It makes weeding almost fun!

The Garden Bandit’s unique design allows you to remove weeds right next to your desirable plants, without disturbing their roots. The metal loop easily cuts through most soils and as a bonus, using it also aerates the soil.



The simple tool is a 12” plastic handle with a high tensile stainless-steel band attached to both sides. It forms a loop that that’s 5 inches long and 2 inches wide. A safe assumption is that the weeder is rust-resistant. Be sure to watch the site’s video to see how it works!