



Boost Your Health: The Science Behind Physical Affection

Description

In the movie [Love, Actually](#), Hugh Grant's character talks about feeling sad about the world. But when he sees people at the airport, he feels better. At the airport, people hug and kiss. Friends meet, and children jump into their parents' arms.

Airports show us how important physical affection is. This means things like hugging, kissing, and holding hands. It makes us happy and is important for our health, too. Scientists say that being close to others helps us feel good.

In romantic relationships, people like to touch each other. This can make them feel safe and loved. When partners cuddle or hold hands, it can make them happier. Studies show that couples who touch each other feel less stress and sadness.

But not everyone likes being touched. Some people may prefer to keep their distance. It's important for couples to understand each other's feelings about touch. Simple actions like massages can make couples feel closer and better together.

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Vocabulary List:

1. **Affection** /ə'fekʃən/ (noun): A gentle feeling of fondness or liking.
2. **Cuddle** /'kʌd.əl/ (verb): To hold someone close in one's arms as a way of showing love or affection.
3. **Important** /ɪm'pɔ:rtnt/ (adjective): Of great significance or value.
4. **Relationship** /rɪ'leɪʃən.ʃɪp/ (noun): The way in which two or more people or groups regard and behave toward each other.
5. **Distance** /'dɪstəns/ (noun): The amount of space between two things or people.
6. **Stress** /stres/ (noun): A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)



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1. Which stage of sleep is characterized by rapid eye movement and dreaming?
Option: Stage 1
Option: Stage 2
Option: Stage 3
Option: Stage 4
 2. Who are scientists that study celestial objects such as stars planets and galaxies?
Option: Biologists
Option: Geologists
Option: Physicists
Option: Astronomers
 3. What term is used to describe a decline in cognitive function that affects memory thinking and behavior?
Option: Bacteria
Option: Dementia
Option: Virus
Option: Fungi
 4. What force attracts a body toward the center of the Earth?
Option: Magnetism
Option: Friction
Option: Tension
Option: Gravity
 5. What are individual events and occurrences that a person goes through in their lifetime?
Option: Solutions
Option: Results
Option: Experiences
Option: Consequences
 6. What cognitive process involves encoding storing and retrieving information?
Option: Processing
Option: Memory
Option: Reasoning
Option: Imagination
 7. What term describes a gentle feeling of fondness or liking?
Option: Hatred
Option: Jealousy
Option: Indifference
Option: Affection



8. What is the body's response to pressure or threat?

Option: Relaxation

Option: Meditation

Option: Stress

Option: Joy

9. What is a huge system of stars gas and dust bound together by gravity?

Option: Planet

Option: Satellite

Option: Comet

Option: Galaxy

10. What compounds are often used as fertilizers to promote plant growth?

Option: Nitrates

Option: Phosphates

Option: Sulfates

Option: Chlorides

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. A _____ between two people can be strengthened through open communication.

12. In chemistry a mixture is composed of a solute and a _____ .

13. Scientists conduct _____ to test hypotheses and theories.

14. The _____ between the Earth and the Sun is approximately 93 million miles.

15. Nuclear energy is a _____ source of electricity.

16. A smoke _____ can alert residents to the presence of a fire.

17. The magician performed a trick where the object seemed to _____ in mid-air.

18. The athlete _____ before starting the race to prevent muscle injuries.

19. The archeologists made a groundbreaking _____ in the ancient tomb.

20. The old mansion had a _____ atmosphere with creaking sounds coming from



unknown sources.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Establishing meaningful relationships and building professional networks are essential for personal growth.
22. Exercise and a balanced diet are crucial for maintaining a lifestyle.
23. After a long day I love to up with a good book and a warm blanket.
24. It is to listen actively in order to understand others better.
25. Trust and communication are key elements in a successful and lasting .
26. The Moon follows an around the Earth completing one cycle every 27.3 days.
27. Rubbing a balloon against a wool sweater can create electricity.
28. exercises help improve flexibility and prevent muscle stiffness.
29. A warm hug is a simple gesture that conveys love and .
30. A metal can identify the presence of metallic objects in luggage at airports.

Answer

Multiple Choice: 1. REM sleep 2. Astronomers 3. Dementia 4. Gravity 5. Experiences 6. Memory 7. Affection 8. Stress 9. Galaxy 10. Nitrates

Gap-Fill: 11. Connection 12. Solution 13. Experiment 14. Distance 15. Powerful 16. Detector 17. Levitates 18. Stretched 19. Discovery 20. Mysterious

Matching sentence: 1. Connections 2. Healthy 3. Cuddle 4. Important 5. Relationship 6. Orbit 7. Static 8. Stretching 9. Affection 10. Detector

CATEGORY

1. Health - LEVEL1

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