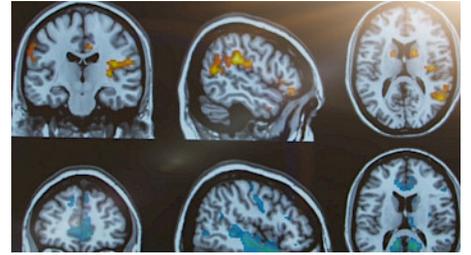




THE POWER OF TOUCH

by Dorothee Kaden



SYNOPSIS

In times of social distancing, research into physical contact is gaining relevance. How does human touch affect our physical and psychological health, and what happens when there is a lack of physical contact?

Physical contact plays a vital role in our lives. It is a new-born baby's first experience of the world and conveys a feeling of security and belonging. It affects how we perceive stress and pain, how well our immune system works, whom we trust. Strong emotions such as love or compassion are more easily communicated through physical contact than through words, facial expressions or gestures. In times of social distancing, research into human touch has become increasingly relevant. Researchers are examining how the human touch affects our physical and psychological health and what the consequences are when there is a lack of physical contact. In addition to our sense of touch, humans have a highly specialised system that is exclusively receptive to gentle sensory stimuli. Why...

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