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Cuddle your pup

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Show some love for your dog today —you'll both benefit! A study in the journal Science found that dog

owners experienced a 300% increase in the calming hormone oxytocin after spending half an

hour cuddling, petting or playing with their pooch. And other research shows that dogs get that same hit of happy: When neuroscientist Paul Zak, PH.D., measured oxytocin in dogs 10 minutes before and after spending time with their owners, he found that it rose by 57% in dogs. "Dogs join human packs easily," says Zak. "They even seem to be able to read their owners' emotions and will release oxytocin just gazing at their owners!"

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