

## The Need for Physical Contact

*By Marilyn Reeves*

Oh, how I miss seeing people's faces! Sitting across from a friend at the dinner table, watching their expressions as we indulge in conversation. Feeling their warm vibrations whenever they sit close to me. Shaking someone's hand when I greet them. Giving someone a hug when they need one. Giving a kiss to a loved one.

Infants die if there's no one to hold them. What about the rest of us? Doesn't that need for human connection still abide in all of us? Isn't it primal? A life-long need for survival?

Physical distancing may help us survive the Coronavirus. I wonder how long we can survive physical distancing.