

# MISSION POSSIBLE

Your mission, should you choose to accept . . .

Let me tell you a story!

People across cultures have told stories for centuries. Stories have the power to gather, teach, entertain, and soothe. Human brains are wired for stories. A good story boosts oxytocin levels and can cause brain changes that last for days. Hearing family stories builds empathy and connects the generations through common interests and shared experiences.

Do you want to get the stories flowing? Start with a box of photos or a photo album.

Call a relative and ask them questions about their favorite vacation, their most memorable job, or if they played a sport when they were in school.

Take a look at this website for additional ideas:

<https://lisawingate.com/storytelling-for-families/>