# Gracie Abrams faces fan backlash over discarded gifts as study highlights benefits of cuddling in relationships



In recent days, Gracie Abrams has sparked considerable discussion among her fans following a controversial incident at her recent concert in Melbourne. After performing at the famed Rod Laver Arena, Abrams reportedly left a heap of fan gifts behind. This moment was captured by a staff member and subsequently went viral on social media platform X, igniting a wave of backlash from her devoted followers. Many expressed feelings of hurt and disrespect, with one particularly pointed comment reading, “I would rather Gracie not accept any gifts if she’s going to do this.” This incident has intensified a larger conversation surrounding the dynamics of the fan-celebrity relationship, raising questions about what boundaries should exist and what fans can realistically expect from their idols.

Meanwhile, a rather contrasting topic has emerged in the realm of relationships, spotlighted by a newly released study into the benefits of physical touch among couples. The study reveals that couples who cuddle at bedtime experience lower stress levels and report feeling more secure in their relationships. While the findings cannot definitively prove that cuddling directly causes this sense of security, they suggest a strong correlation between closeness and emotional wellbeing. This research is particularly relevant in light of the rising focus on mental health and relationship dynamics in contemporary discourse.

Physical intimacy, such as cuddling, is credited with various health advantages that extend beyond emotional stability. Experts have frequently noted that cuddling can lower blood pressure and reduce cortisol levels, the hormone associated with stress, while simultaneously increasing oxytocin—commonly referred to as the 'love hormone.' This multifaceted impact can enhance overall health, contributing to improved immune function and pain relief, as highlighted by various studies on the subject.

These insights indicate that cuddling not only fosters stronger emotional ties but also bolsters physical health, as it can improve sleep quality by promoting relaxation. As couples cuddle, the act synchronises their sleep patterns, potentially leading to deeper and more restorative slumber. The connection between physical affection and health is significant; research shows that couples who engage in regular cuddling tend to experience increased feelings of happiness and reduced anxiety, reinforcing the idea that emotional and physical intimacy are deeply intertwined.

At a time when discussions about interpersonal relationships are increasingly relevant, these contrasting narratives—Abrams's controversial fan gift incident and the benefits of cuddling—demonstrate the complex layers of modern relationships, both personal and celebrity-based. As we continue to navigate these dynamics, understanding the importance of boundaries and the value of emotional connections remains paramount in both personal spheres and the broader public eye.

### Reference Map

1. Paragraph 1: (1)
2. Paragraph 2: (1)
3. Paragraph 3: (2), (3), (4)
4. Paragraph 4: (5), (6), (7)
5. Paragraph 5: (1), (2), (3)
6. Paragraph 6: (1), (5)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://jamn1075.iheart.com/featured/the-jubal-show/content/2025-05-20-1119-the-jubal-show-on-demand-ninas-whats-trending-why-gracie-abrams-is-get/> - Please view link - unable to able to access data
2. <https://www.webmd.com/balance/ss/slideshow-health-benefits-cuddling/> - This article from WebMD discusses the health benefits of cuddling, including stress reduction, improved sleep quality, and enhanced emotional intimacy. It explains how physical touch, such as hugging and cuddling, can lower blood pressure, reduce cortisol levels, and promote the release of oxytocin, the 'love hormone,' leading to a sense of calm and well-being. The piece also highlights the positive effects of cuddling on immune function and pain relief, emphasizing its role in fostering stronger relationships and overall health.
3. <https://www.mic.com/life/cuddling-with-your-partner-does-something-surprising-to-your-health-16329853> - This article from Mic explores the surprising health benefits of cuddling with a partner. It highlights how physical touch can reduce stress and anxiety by lowering cortisol levels and increasing oxytocin production. The piece also discusses the positive impact of cuddling on immune function, noting that it can strengthen the body's ability to fight off viruses and inflammation. Additionally, the article touches on the emotional benefits, such as increased feelings of happiness and reduced anxiety, associated with regular cuddling.
4. <https://www.slumberandsmile.com/cuddling-and-sleep/> - This article from Slumber and Smile examines how cuddling can improve sleep quality. It explains that cuddling before sleep promotes relaxation by releasing oxytocin, which reduces stress and anxiety, making it easier to fall asleep. The piece also discusses how physical closeness can synchronize sleep patterns between partners, leading to more restful and uninterrupted sleep. Additionally, it highlights the role of cuddling in promoting deeper sleep stages, such as slow-wave and REM sleep, which are essential for physical restoration and cognitive function.
5. <https://www.enotalone.com/article/relationships/9-surprising-benefits-of-cuddling-and-how-to-maximize-them-r16010/> - This article from eNotAlone outlines nine surprising benefits of cuddling and offers tips on how to maximize them. It emphasizes that cuddling before bed can improve sleep quality by reducing stress and anxiety through the release of oxytocin. The piece also discusses how regular cuddling can strengthen relationships by enhancing emotional intimacy and trust. Additionally, it highlights the role of cuddling in boosting mood and overall well-being, noting that it can alleviate feelings of loneliness and promote a sense of connection between partners.
6. <https://www.enpareja.com/en/news/5-Fun-Facts-About-Couples-Who-Cuddle-Every-Night-20250429-0012.html> - This article from EnPareja presents five fun facts about couples who cuddle every night. It discusses how nighttime cuddling reduces stress and improves sleep quality by triggering the release of oxytocin, which lowers cortisol levels. The piece also highlights the emotional benefits of cuddling, such as increased feelings of closeness and security, and how it can enhance relationship satisfaction. Additionally, it touches on the physical health benefits, including improved immune function and reduced anxiety, associated with regular cuddling.
7. <https://www.inkl.com/news/cuddling-with-your-partner-does-something-very-surprising-to-your-health-4c3827bf-36b2-47aa-918e-6c752fe5600e> - This article from Inkl discusses the surprising health benefits of cuddling with a partner. It explains how physical touch can reduce stress and anxiety by lowering cortisol levels and increasing oxytocin production. The piece also highlights the positive impact of cuddling on immune function, noting that it can strengthen the body's ability to fight off viruses and inflammation. Additionally, the article touches on the emotional benefits, such as increased feelings of happiness and reduced anxiety, associated with regular cuddling.