

Meet Your Happy Chemicals



Endorphins

The Pain Killer

Relieves stress & blocks discomfort

- Using essential oils
- Watching a funny movie
- Eating dark chocolate
- Exercising



Dopamine

The Reward Chemical

Motivation & concentration

- Completing a task
- Performing self-care activities
- Striving towards a goal
- Eating food



Oxytocin

The Love Chemical

Increases trust/relationships

- Playing with a dog/cat
- Playing with a baby
- Hugging a loved one
- Giving/receiving a compliment



Serotonin

The Mood Stabilizer

Well-being & happiness

- Improving social behavior
- Meditating
- Running
- Walks through nature
- Having Sun exposure

