

HAPPINESS CHEMICALS



Oxytocin
the love hormone

- Send a greeting card to someone
- Perform an act of kindness
- Hug someone you trust
- Pet or play with your dog or cat
- Give someone a compliment
- Listen to music

Dopamine
the reward chemical

- Set and work toward a goal
- Commit to learning something new
- Check things off your daily to-do list
- Complete a puzzle
- Write in a gratitude journal
- Create something!

Endorphins
the pain killer

- Laugh out loud
- Stretch or exercise
- Eat dark chocolate
- Eat spicy food
- Dance
- Create something!

Serotonin
the mood stabilizer

- Spend time in nature
- Get some sunlight
- Eat healthy protein
- Meditate
- Get a massage
- Get out of your comfort zone