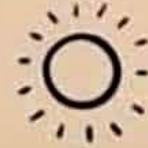


# Happiness Chemicals and how to hack them



## **DOPAMINE** THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



## **OXYTOCIN** THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



## **SEROTONIN** THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



## **ENDORPHIN** THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



\*Credit to Robin Banks

### Tips

- Reflect on which chemical you gravitate toward when you are feeling down and try a different one the next time you have a low!
- Make it a goal to try one of the activities from each box each day for a week.
- Talk to a friend about their favorite activities!
- Schedule these activities into your day—you are much more likely to do them if they are on your calendar.