

HAPPY CHEMICALS

AND HOW TO ACCESS THEM

Dopamine

The Reward Chemical

- Completing a task
- Eating food
- Doing self care activities
- Celebrating small wins
- Achieving goals

Oxytocin

The Love Hormone

- Playing with a pet
- Physical affection
- Give a compliment
- Do something nice for someone
- Hugging your family

Serotonin

The Mood Stabilizer

- Meditate
- Swimming
- Walk in nature
- Spend time in the sun
- Mindfulness activities

Endorphin

The Pain Killer

- Laugh
- Watch a funny movie
- Eat dark chocolate
- Essential oils
- Exercise