

Be in control of your own

# Happiness Chemicals

FOOD

## Dopamine



### The Reward Chemical

1. Eating Food
2. Achieving a Goal / Celebrate a win
3. Complete a Task
4. Self Care Activities

## Oxytocin



### The Love Hormone

1. Socialising
2. Physical Touch (hugs etc)
3. Petting Animals
4. Helping Others / Give a compliment



## Endorphin



### The Pain Killer

1. Exercising
2. Listening to Music
3. Watch a Comedy
4. Laughter
5. Essential Oils



## Serotonin



### The Mood Stabilizers

1. Sun Exposure
2. Mindfulness
3. Be With Nature
4. Meditation
5. Exercise

