

# NATURAL HAPPINESS CHEMICALS

What they are and what you need to do for your body to produce them!

## OXYTOCIN

Love/Contentment  
Hormone

- Enjoy healthy relationships!
  - Hugging family
  - Playing with a Dog
  - Helping others
  - Holding hands



## ENDORPHINS

The Pain Killer

- Do anything that makes you laugh!
  - Dance the night away
  - Eat Dark Chocolate
  - Meditate regularly
- Use Vanilla or Lavender oil



## DOPAMINE

The Reward/Motivation  
chemical

- Finish that task!
- Celebrate small wins
- Exercise self-care
- Exercise your body!
  - Listen to music
  - Be grateful



## SERATONIN

The Mood Stabiliser

- Meditate regularly
  - Practice Yoga
- Deep Breathe regularly
  - Run or fast walk
- Enjoy the sunshine safely
- Eat oatmeal or bananas!

