

## How To Trigger the Brain's Happy Chemicals

### DOSE

#### Dopamine

- Do a Self-Care Activity
- Complete a goal or task
- Celebrate good progress
- Eat good food

#### Oxytocin

- Bring inner child out to play
- Hug
- Smell a comforting aroma
- Give a compliment
- Reach out to a family member or friend
- Look at a picture of a loved one or a special vacation

#### Serotonin

- Go for a walk
- Take in sunlight
- Walk in Nature
- Pet an animal
- Listen to nature sounds

#### Endorphin

- Laugh
- Smell pleasing aromas
- Meditate

