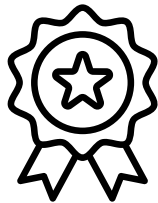


Increase Your Happy Chemicals!

There are a few chemicals that your brain produces that can increase your happiness level. Those four chemicals are dopamine, oxytocin, serotonin, and endorphin. They each do different things and they are chemicals that we can increase by participating in certain activities.

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 grandkids
- holding hands
- hugging your family

Serotonin:

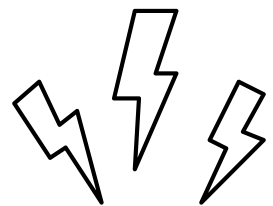
The Mood
Stabilizer



- meditating
- exercising
- being out in nature
- getting sunshine

Endorphin:

The Pain
Killer



- laughter
- exercising
- eating dark chocolate
- playing music