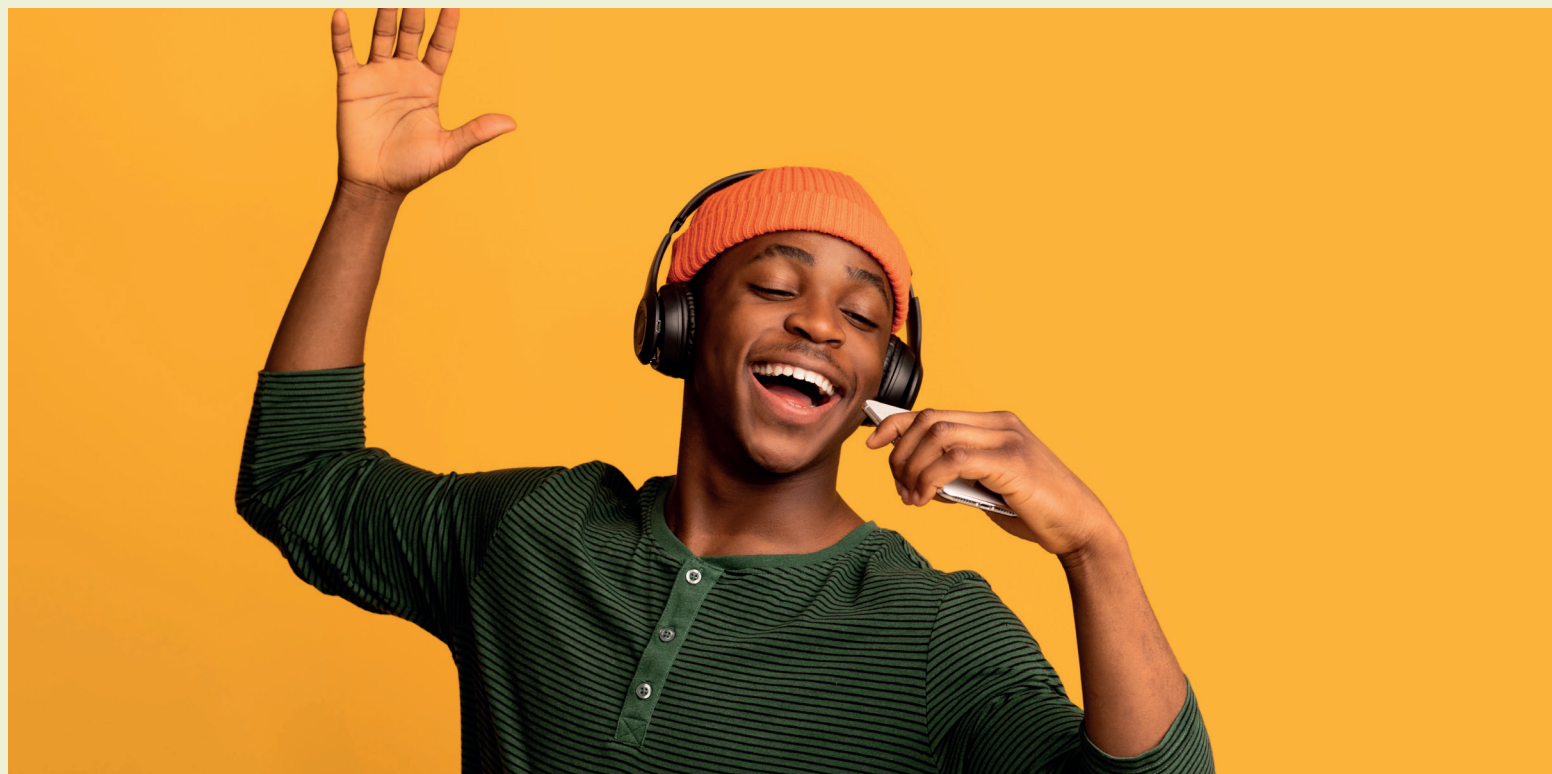


# HAPPINESS HORMONES AND HOW TO HACK THEM

Hormones are chemical messengers that coordinate different functions in your body. Several glands, organs, and tissues make and release hormones, many of which make up your endocrine system.

## DOPAMINE Reward/Motivation



Dopamine is a chemical released in the brain that makes you feel good. Having the right amount of dopamine is important both for your body and your brain.

- Finishing a Task
- Feelings of Joy
- Self-care Activities
- Exercise
- Listening to Music
- Gratitude

## OXYTOCIN Love/Contentment



Oxytocin is a hormone that acts on organs in the body (including the breast and uterus) and as a chemical messenger in the brain, controlling key aspects of the reproductive system, including childbirth and lactation, and aspects of human behavior.

- Healthy Relationships
- Hugging Loved Ones
- Dancing with Children
- Helping Others
- Holding Hands
- Sensual Touch

## SEROTONIN The Mood Stabilizer



Serotonin is a chemical that carries messages between nerve cells in the brain and throughout your body. Serotonin plays a key role in such body functions as mood, sleep, digestion, nausea, wound healing, bone health, blood clotting, and sexual desire.

- Meditating/Yoga
- Deep Breathing
- Gentle Exercise
- Sun Exposure
- Stretching
- Thinking Positive Thoughts

## ENDORPHINS The Pain Killer



Endorphins are hormones that your body releases when it feels pain or stress. They're released during pleasurable activities such as exercise, massage, eating, and sex. Endorphins help relieve pain, reduce stress, and improve your sense of well-being.

- Laughter and Smiling
- Dark Chocolate
- Nuts and Seeds
- Meditation
- Create Art
- Essential Oils