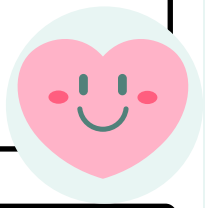
The Happy Chemicals

OXYTOCIN - CONNECTION & BONDING

Oxytocin is a hormone involved in connection, trust and bonding. It plays a role in social relationships and attachment, and is sometimes known as the “love hormone”. Its effects are more complex than simply making us feel happy, but it is associated with experiences of closeness and connection.

Things that may support connection & wellbeing:

Spending time with people you trust · Affectionate touch · Meaningful conversation · Listening to music · Massage · Gentle movement

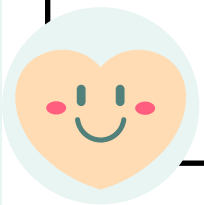


DOPAMINE - REWARD & MOTIVATION

Dopamine is a chemical messenger involved in reward, motivation and learning. It helps reinforce experiences we find rewarding and can motivate us to repeat them. Dopamine also plays a role in attention, memory, movement and mood.

Everyday experiences linked with reward & motivation:

Completing a task · Celebrating a small achievement · Working towards a goal · Enjoying a favourite activity · Learning something new



ENDORPHINS - PAIN RELIEF & WELLBEING

Endorphins are chemicals produced by the body that help relieve pain, reduce stress and support a sense of wellbeing. They can be released in response to pain or stress, as well as during pleasurable experiences such as exercise and massage.

Everyday experiences that may support endorphin release:

Exercise · Laughter · Massage · Enjoyable movement · Doing something that feels good

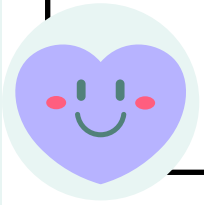


SEROTONIN - MOOD & WELLBEING

Serotonin is a chemical messenger involved in mood, sleep and appetite, as well as several other functions throughout the body. It is often associated with emotional wellbeing, but its role is much more complex than simply creating happiness.

Everyday experiences that may support wellbeing:

Walking outdoors · Mindfulness · Gentle movement · Spending time in daylight · Restful routines



Wishing You Well

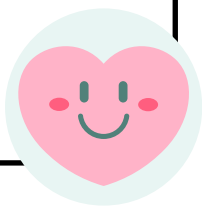
WHAT SUPPORTS YOUR WELLBEING?

The things that support our wellbeing will look different for each of us. Use the prompts below to notice what already helps you, what you may have lost touch with, and what you might like a little more of.

💗 CONNECTION & BONDING

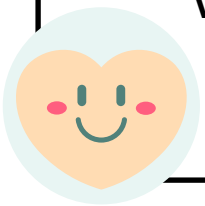
What helps you feel connected, supported or close to others?

Who are the people you feel most yourself around?
What kinds of connection feel good to you?



💛 REWARD & MOTIVATION

What gives you a sense of enjoyment, interest or accomplishment?



Think about the small things as well as the big ones.
What leaves you feeling "I'm glad I did that"?

💚 MOVEMENT & RELEASE

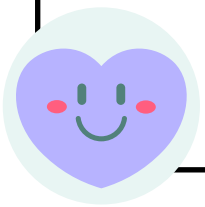
What helps you release tension or reconnect with your body?

This might be movement, laughter, music, being playful, or simply doing something that feels good.



💜 MOOD & STEADINESS

What helps you feel more settled, restored or balanced?



Think about your routines, environment, time outdoors, rest, mindfulness or anything else that supports you.

🌿 A LITTLE EXPERIMENT

Looking back over what you've written, is there one small thing you'd like to make a little more space for?

It doesn't need to become another thing you should be doing. Think small, gentle and realistic. Something I'd like to make space for this week:

✨ **Enjoyed this resource? Happy Chemicals is a little taster of the reflective resources available inside The Insight Space at Wishing You Well.**

Wishing You Well