

# The Happy Chemicals

## OXYTOCIN - THE LOVE HORMONE

Oxytocin is the chemical that helps us feel loved and connected to others. It is known as the love chemical as it is released when we have human-to-human contact, such as hugging and kissing. It is also released when we feel trust. Social trust feels good because social alliances promote survival.

*Release Oxytocin by: Yoga - Listening to music - Getting or giving a massage -  
Spending time with friends - Engaging in conversations*



## DOPAMINE - THE REWARD CHEMICAL

Dopamine is the reward or pleasure chemical; it is released during activities considered pleasurable, such as exercise or eating. It rewards us with a hit of happiness, and also, it's that exciting feeling we get when we are about to be rewarded. It accesses several areas of the brain and can affect many functions, such as memory, learning, behavior, and movement.

*Release Dopamine by: Completing tasks - Eating your favourite food - Practicing self-care  
- Celebrating small achievements - Setting goals and working toward them*



## ENDORPHINS - THE PAINKILLER

Endorphins are natural pain relievers and mood boosters. It's released during laughter, exercise, listening to music, and eating chocolate. They act directly on the brain's opioid receptors, reducing pain and result in an energized, excited feeling. Additionally, endorphins are released when we feel physical pain to give us a moment of excitement as a survival mechanism. Laughing and crying also release small bursts.

*Release Endorphins by: Laughing out loud - Watching a funny movie - Eat dark chocolate  
- Use essential oils - Exercise*



## SEROTONIN - THE MOOD STABILIZER

Serotonin is associated with satisfaction and optimism, and also, affects our physical health. Serotonin flows through the brain when we feel significant with ourselves and others. Serotonin starts flowing, for example, when we feel confident and take pride in our achievements and work.

*Release Serotonin by: Meditating - Swimming - Walking in nature - Spending time in the sun  
- Practicing mindfulness*

