

HAPPINESS CHEMICALS

(& HOW TO ACTIVATE THEM IN YOUR BRAIN)

THE DAILY D.O.S.E.

D (Dopamine)

The Reward Chemicals

- Meditate
- Self-care activities
- Task completion—To-do lists
- Achieving a said “goal”
- Exercising
- Creating/Art/Music
- Food
- Celebrate (little&big) “wins”
- Cold water
- *Can be “addictive”
- *Wanting “more” of it
- *Activated by *short-term* “pleasures”

S (Serotonin)

The Mood Stabilizers

- Meditating
- Exercise (Walk outside/in nature)
- Sun exposure (Vitamin D)
- Massages/Physical touch
- Eating a Mediterranean diet
- Sleep
- Essential oils/Aromatherapy
- *Non-“addictive”
- *Being grateful for what you have
- *Activated by *long-term* fulfillment

O (Oxytocine)

The Love Hormones

- Contributes to bonding
- Increases feelings of trust
- Touch/Cuddling/Massages
- Hot water: bath, shower, jacuzzi
- Exercising & Acupuncture
- Playing with an animal or baby
- Helping others & Socializing
- Expressing your feelings
- *Motivates sustaining relationships
- *Open to new growth

E (Endorphins)

The Pain Killers

- Laughter & Play
- Exercise (Moderate to Vigorous)
- Dark chocolate & Wine (limited)
- Eating spicy foods
- Volunteering (Acts of Kindness)
- Sweat out stress in a sauna
- Listening to music / Dancing
- Watching a comedy or drama
- *Releases a “brief “ euphoria

THE DAILY D.O.S.E.

(Deficiencies)

*Always consult with your M.D. for your health

- “Brain Chemical Imbalances can happen due to diseases, injuries, aging, chronic stress, and poor nutrition... Talking about an *imbalance* of neurotransmitters or chemical messengers in the brain.” (Brain Forest Centers, 2021).

D (Dopamine)

- Less Attention
- Low Motivation
- Pleasure
- Reward
- Muscle pains & Aches
- Feeling hopeless / Low moods

O (Oxytocine)

- * Relationship Difficulties
- * Prone to Stress (higher Cortisol)
- * Increased desire of sweet foods

S (Serotonin)

- Obsessions
- Compulsions
- Anxious / Worried
- Phobias & Pain
- Sleep disturbances
- PMS / Hormonal Imbalances

E (Endorphins)

- * Craving more “pleasure” foods
- * Emotionally sensitive / Crying
- * Lower pain tolerance / Chronic
- * Impulsivity