

ACTIVATING FEEL GOOD CHEMICALS



THE CHEMICALS THAT MAKE YOU HAPPY

SEROTONIN

MOOD STABILIZER
MORE SENSITIVE
TO DIET
THAN ANY OTHER
NEUROTRANSMITTER

DOPAMINE

THE "REWARD"
CHEMICAL
RELEASED DURING
PLEASURABLE
SITUATIONS

OXYTOCIN

THE "LOVE" HORMONE
RELEASED
DURING SEX,
CHILDBIRTH
AND LACTATION

ENDORPHIN

WORKS AS
A PAIN-KILLER
RELEASED
AFTER EXERCISE



SOURCES:

<http://www.mindbodygreen.com/0-23924/the-brain-chemicals-that-make-you-happy-and-how-to-trigger-them.html>
<http://www.medicalnewstoday.com/articles/275795.php>
<https://bebrainfit.com/increase-endorphins/>
<http://www.livestrong.com/article/121863-serotonin-produced/>

Feeling good doesn't have to be costly. There are many things we can on a daily basis to help our brain release chemicals that enhance our moods, make us feel loved and cared for, less stressed or anxious happier and balanced. Here are a few ideas on what you can do to activate feel good chemicals.

These tips and activities should not replace visiting a professional when feeling down, distressed and overwhelmed for an extended period of time.



SEROTONIN

- Exposure to light/sun
- Laughter/Smiling
- Sleep
- Exercise

DOPAMINE

- Listening to music
- Comedy
- Learning something new
- Meditation
- Eating lots of protein

YOU

OXYTOCIN

- Hugs
- Giving and receiving love and saying things like I love you
- Holding hands
- Making eye contact

ENDORPHINS

- Smelling scented oils
- Exercise
- Meditation
- Comedy