

UNLOCK YOUR HAPPY

SEROTONIN

- Being outside in nature
- Having a massage
- Breathing exercises
- Practising daily gratitude
- Aerobic exercise

The mood stabilizer

DOPAMINE

- Celebrating success
- Getting enough sleep
- Mindfulness/Meditation
- Listening to music
- Sunlight exposure

The reward chemical

ENDORPHINS

- Having sex
- Creative activities
- Laughter
- Eating cacao rich foods
- Random acts of kindness
- Taking a hot salt bath

The pain killer

OXYTOCIN

- Practising yoga
- Cuddles and hugs
- Petting a dog
- Telling someone how much you care
- Spending time with friends

The love hormone

