HAPPINESS CHEMICALS AND HOW TO HACK THEM

DOPAMINE: MOTIVATION CHEMICAL

- finish a task
- celebrate small wins
- self-care activities
- exercise
- listen to music
- practice gratitude

OXYTOCIN: CONTENTMENT CHEMICAL

- hugging family
- playing with a dog
- helping another
- holding someone's hand



SEROTONIN: MOOD STABILIZER CHEMICAL

- meditating/yoga
- deep breathing
- sun exposure
- running

ENDORPHINS: PAIN KILLER CHEMICAL

- laughter
- meditation
- eating dark chocolate
- aromatherapy
- dancing