



Natural Ways to Activate your Happiness Hormones

DOPAMINE

Pleasure Sensations

- Meditating
- Listening to Music
- Healthy foods
- Get enough sleep
- Completing a task
- Celebrating your wins

SEROTONIN

The Mood Stabilizer

- Gratitude practices
- Walking in nature
- Some sun-exposure
- Meditating
- Random acts of kindness

OXYTOCIN

The Love Hormone

- Hugging your loved ones
- Kissing
- Affection
- Appreciation
- Give a gift to someone
- A romantic movie

ENDORPHINES

The Pain Reliever

- Laughter
- Exercise
- Watching a comedy show or movie
- Dark chocolate
- Aromatherapy-essential oils
- Light a scented candle

