

How to hack your happy chemicals



Dopamine

The reward chemical

- complete a task
- do a self-care activity
- eat good food
- celebrate a little win



Oxytocin

The love hormone

- play with a dog
- give a hug
- play with a baby
- give compliment
- hold hands



Serotonin

The mood stabiliser

- meditating
- sun exposure
- running
- walk in nature
- swimming
- cycling



Endorphin

The pain killer

- essential oils
- laughter
- dark chocolate
- exercising
- watch a comedy

