



## Brain chemicals that make you feel happy

### Dopamine



The reward chemical: This 'feel-good' hormone acts as a reward system when you do the things you need to do to survive - by releasing a large amount of dopamine! It plays an important role in a variety of body functions such as memory, mood, sleep and concentration. When you have low levels of dopamine, you may feel **tired, unmotivated** and **unhappy**.

To increase dopamine levels, try:

- Trying something new
- Listening to music
- Making a small list of tasks and complete them

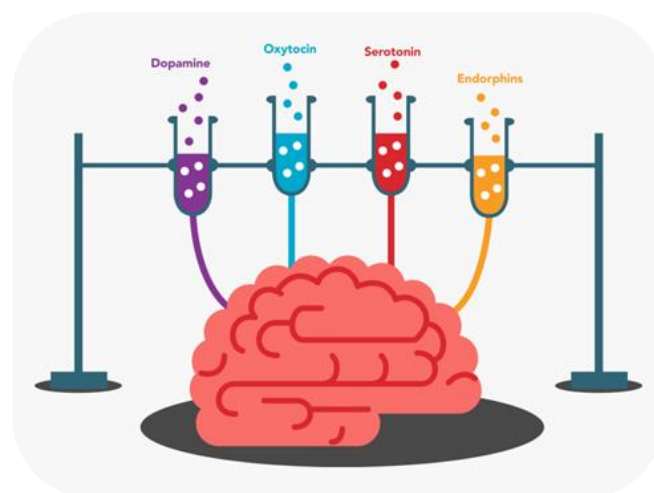
### Serotonin



The mood stabilizer: This chemical is responsible for stabilizing and regulating your mood, and can aid sleeping, digesting and healing. It plays an important role in regulating anxiety, experiencing happiness, controlling bowel movements, stimulating nausea and even healing wounds. When you have low levels of serotonin, you may feel **sad, irritable**, have **negative thoughts** or **low energy**.

To increase levels of serotonin, try:

- Getting some sunlight
- Exercising
- Meditating
- A healthy diet



## Oxytocin



The love hormone: This hormone is associated with relationship building, and is produced when you give someone a hug! It plays an important role in trust, recognition, parent-infant bonding and romantic attachment. When you have low levels of oxytocin, you may have **poor communication, more anxieties/fears, disturbed sleep, or feel irritable.**

To increase levels of oxytocin, try:

- Getting or giving a massage
- Spending time with friends
- Showing affection
- Doing something nice for someone

## Endorphins



The pain reliever: This hormone is often released to relieve pain, reduce stress and improve well-being. It can play an important role in regulating appetite, increasing self-esteem and decreasing anxiety and depressive symptoms. When you have low levels of endorphins, you may have **impulsive actions, sleep issues, body aches/pains, issues with addiction, and anxiety/depression.**

To increase levels of endorphins, try:

- Regular exercise
- Yoga and meditation
- Creating music or art
- Laughter