

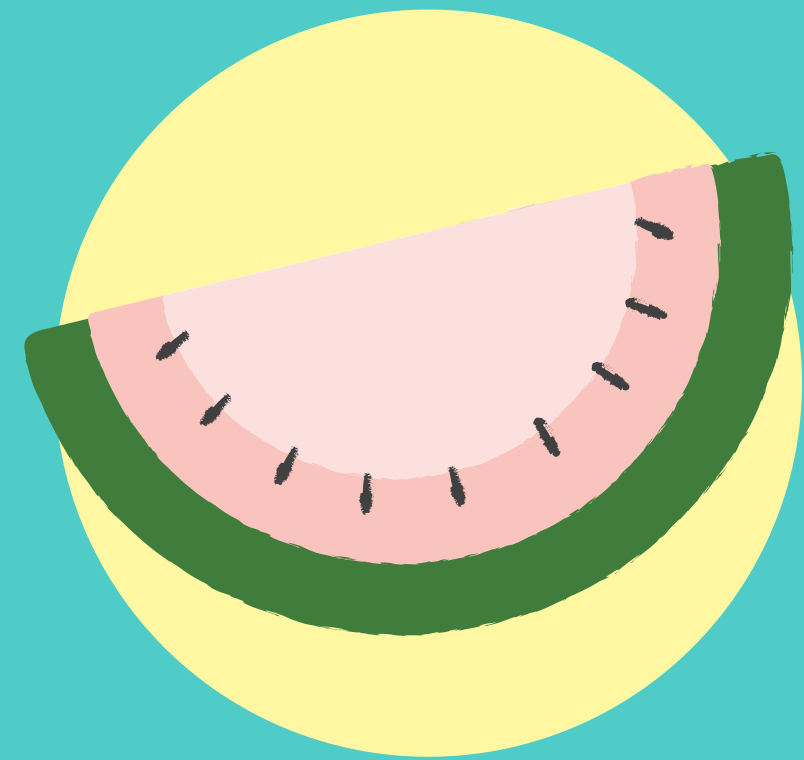
# HAPPY HORMONES



## DOPAMINE

Increase DOPAMINE levels by eating your favourite food, getting to sleep on time, completing a task you set yourself and celebrating every win!

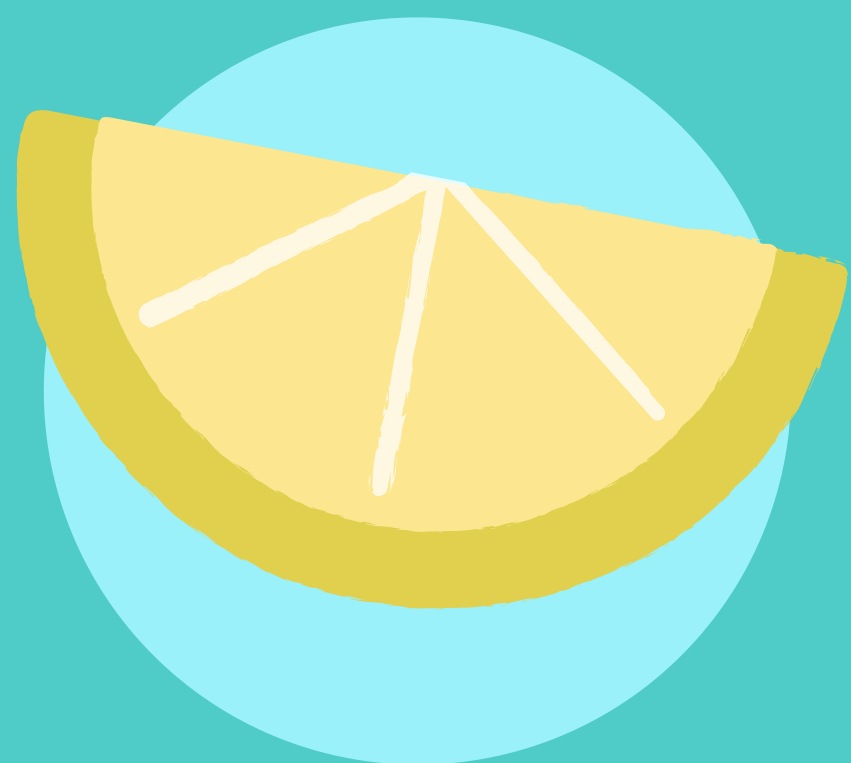
(Dopamine helps you feel motivation and rewarded)



## SEROTONIN

Increase SEROTONIN levels by having a walk outside, talking about what you are grateful for, meditating and doing yoga.

(Serotonin helps with mood and happiness)



## ENDORPHINS

Increase ENDORPHIN levels by laughing, creating music and art and doing some exercise you enjoy.

(Endorphins help with pain and stress)



## OXYTOCIN

Increase OXYTOCIN levels by hugging someone you love, cuddling your pet, giving compliments or having a conversation with someone you care about.

(Oxytocin helps with feeling loved)