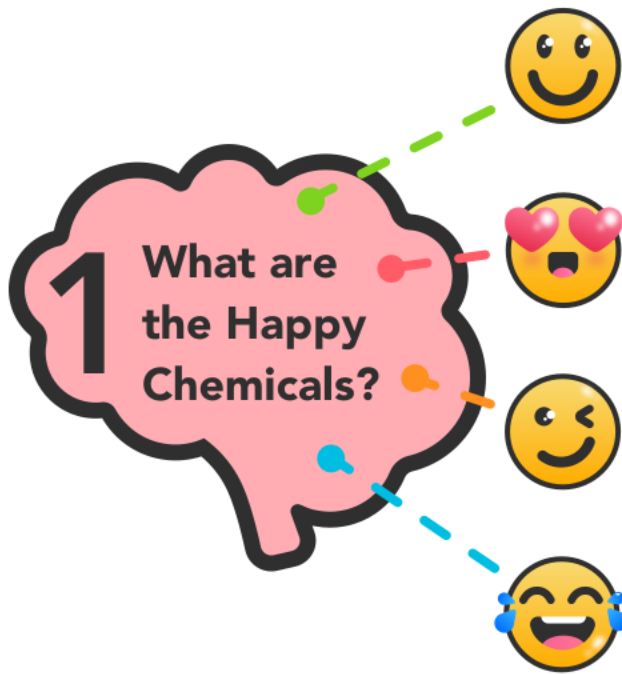


# GET YOUR DAILY D.O.S.E. OF HAPPINESS

The happy brain chemicals that make you feel good



## 1 What are the Happy Chemicals?

### DOPAMINE

- Enables motivation, learning, and pleasure
- Gives you determination to accomplish goals, desires, and needs

### OXYTOCIN

- Feeling of trust, motivates you to build and sustain relationships
- Known as "Cuddle or Love Hormone", plays a role in bonding

### SEROTONIN

- Feeling significant or important among peers
- Calm form of accepting yourself with the people around you

### ENDORPHINS

- Releases a brief euphoria to mask physical pain
- Response to pain and stress that alleviates anxiety and depression

## 2 How Deficiency Affects You

- procrastination
- low self-esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

DOPAMINE

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

OXYTOCIN

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

SEROTONIN

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behavior

ENDORPHINS

## 3 How to Increase Happiness Levels

- meditate
- daily to-do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music, or art

- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate