



# Trigger Your Brain to Produce Happy Chemicals

## Dopamine

- Complete a task
- Do a self-care activity
- Eat good food
- Celebrate progress

## Serotonin

- Meditate
- Run
- Take in sunlight
- Walk in nature
- Touch natural things – pet your cat or dog
- Listen to nature sounds

## Oxytocin

- Play
- Play with a child
- Hold someone's hand
- Smell a comforting aroma
- Look at the image of a loved one
- Say hi to a family member
- Give a compliment

## Endorphins

- Laugh
- Smell pleasing aromas
- Exercise

