

Happiness Chemicals



DOPAMINE

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

OXYTOCIN

Drives feeling of trust, motivates you to build and sustain relationships. Known as “Cuddle or **Love Hormone**”, plays a role in bonding.

SEROTONIN

Enables feeling at peace/ comfortable among your peers. Helps with feelings of **acceptance** with yourself and aids emotional stability.

ENDORPHINS

Releases a brief **euphoria** to mask physical pain and helps to reduce stress. Assists in alleviating anxiety and depression.

Procrastination
Low self-esteem
Lack of motivation
Low energy or fatigue
Inability to focus
Feeling anxious
Feeling hopeless
Mood swings

Feeling lonely
Stressed
Lack of motivation
Low energy or fatigue
Disconnect of relationships
Feeling anxious
Insomnia

Low self-esteem
Overly sensitive
Anxiety/panic attacks
Mood swings
Feeling hopeless
Social phobia
Obsession/compulsion
Insomnia

Anxiety
Depression
Mood swings
Aches & pains
Insomnia
Impulsive behavior

How Deficiency Affects You

DOPAMINE

OXYTOCIN

SEROTONIN

ENDORPHINS

How to Increase Happiness Levels

Meditate
Daily to-do list
Long-term goals
Food rich in l-tyrosine (e.g. almonds, avocados, and bananas)
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
Create music/art
Eat dark chocolate
Eat spicy foods
Exercise/stretching
Massage
Meditate