

# Happiness Chemicals

[ creative ways to access them ]

## **DOPAMINE**

THE REWARD CHEMICAL

Completing a task

Doing self-care activities

Eating food

Celebrating little wins

## **OXYTOCIN**

THE LOVE HORMONE

Playing with a dog

Playing with a baby

Holding a hand

Hugging your family

Give a compliment

## **SEROTONIN**

THE MOOD STABILIZER

Meditating • Running

Sun exposure

Walk in nature

Swimming • Cycling

## **ENDORPHIN**

THE PAIN KILLER

Laughter exercise

Essential oils

Watch a comedy

Dark chocolate

Exercising • Massage



Donna L. Armentrout, LMT

(937) 371-7906

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