# Be in control of your own

Happiness Chemicals



# Dopamine



#### The Reward Chemical

- 1. Eating Food
- 2. Achieving a Goal / Celebrate a win
- 3. Complete a Task
- 4. Self Care Activities





### The Pain Killer

- 1. Exercising
- 2. Listening to Music
- 3. Watch a Comedy
- 4. Laughter
- 5. Essential Oils





#### The Love Hormone

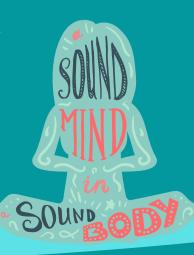
- 1. Socialising
- 2. Physical Touch (hugs etc)
- 3. Petting Animals
- 4. Helping Others / Give a compliment





## The Mood Stabilizers

- 1. Sun Exposure
- 2. Mindfulness
- 3. Be With Nature
- 4. Meditation
- 5. Exercise



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