

USING YOUR HEAD

HORMONES ARE YOUR FRIEND

OXYTOCIN

LOVE

- Serving others
- Host a gathering
- Give a compliment
- Play with animals
- Physical Touch

ENDORPHIN

PAIN RELIEVER

- Physical Exercise
- Breath work
- Laughter
- Music
- Play

DOPAMINE

REWARD

- Achieving a goal
- Savoring Food
- Relaxing in the tub
- Adequate sleep
- Giving a gift

SEROTONIN

MOOD

- Being present
- Being in Nature
- Breath work
- Sunshine
- Going for a walk