

# Tips for More “Happiness” Chemicals

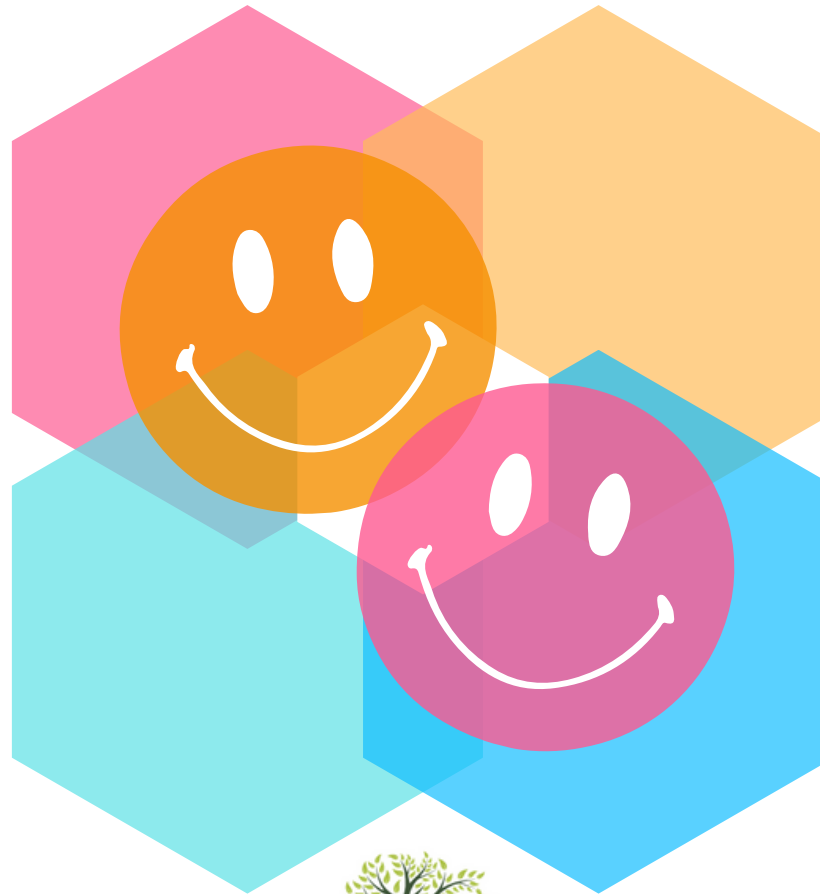
In addition to your personalized dietary recommendations and supplements here are a few tips to advocate for yourself and help your brain release more feel good chemicals in more healthy ways.

## Dopamine

- Watching the sunrise
- Working on your health
- Exercising for 20 min or more
- Spending time around others
- Giving a hug/receiving a hug
- New experiences
- Delayed gratification

## Serotonin

- Meditate/Pray
- Watching the sunset
- Listening to instrumental relaxing music
- Deep breathing
- Building and/or furthering a relationship
- Dancing
- Volunteering



## Oxytocin

- Petting an animal
- Physical affection
- Doing something for someone you care about
- Hugging someone you love
- Getting a massage
- Giving/getting a back rub
- Singing in the shower

## Endorphins

- Exercising
- Brisk walk in nature
- Swimming
- Watching something funny
- Laughing out loud
- Dancing
- Creating art
- Yoga

