

THE HAPPINESS HANDOUT

- INCREASE DOPAMINE NATURALLY
 - Watch the sunrise
 - Work on your health
 - Exercise for 20 min or more
 - Spend time around others
 - Give a hug/receive a hug
 - New experiences
 - Delayed gratification
- INCREASE SEROTONIN NATURALLY
 - Meditate/pray
 - Watch the sunset
 - Listen to instrumental relaxing music
 - Deep breathing
 - Build and/or nurture a relationship
 - Dance (even if no one is watching)
 - Volunteer
- INCREASE OXYTOCIN NATURALLY
 - Pet an animal
 - Physical affection
 - Do something for someone you care about
 - Hug someone you love
 - Get a massage
 - Give/get a back rub
 - Sing in the shower
- INCREASE ENDORPHINS NATURALLY
 - Exercise
 - Brisk walk in nature
 - Swim
 - Watch something funny
 - Laugh out loud
 - Dance
 - Create art
 - Yoga

Handout courtesy of www.optim8healthandwellness.com