

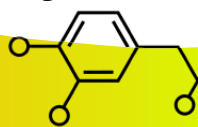
HARNESS YOUR *Happiness!*

There are four chemicals that our brains release which make us feel happy - Dopamine, Oxytocin, Endorphins, Serotonin and we can release these in our brains naturally by doing activities.

Check out how you can incorporate activities into your day that can keep you happier and motivated!



Dopamine



REWARD

HOW TO RELEASE THIS CHEMICAL:

- ✓ Completing a task
- ✓ Eating
- ✓ Self-care activities
- ✓ Celebrating little wins

Oxytocin

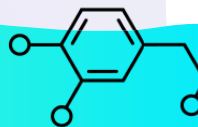


LOVE HORMONE

HOW TO RELEASE THIS CHEMICAL:

- | | |
|----------------------|-------------------------|
| @HOME | @WORK |
| ✓ Playing with a pet | ✓ Compliment colleagues |
| ✓ Hugging family | ✓ Praise good work |

Endorphins

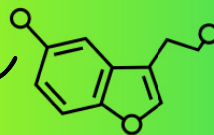


PAIN KILLER

HOW TO RELEASE THIS CHEMICAL:

- ✓ Laughter - encourage jokes!
- ✓ Exercise
- ✓ Dance celebrations
- ✓ Dark chocolate

Serotonin



MOOD STABILISER

HOW TO RELEASE THIS CHEMICAL:

- ✓ Walking in nature - perhaps on your way home
- ✓ Take your break in the sun
- ✓ Meditation
- ✓ Running
- ✓ Cycling
- ✓ Swimming

FOLLOW OUR SOCIAL CHANNELS FOR MORE WELLNESS TIPS