

DOPAMINE

FEEL GOOD,
SATISFACTION, REWARD

Complete a task,
create a list, exercise,
try a new recipe, make
your bed, listen to
music.

SEROTONIN

REGULATES MOOD, SLEEP, &
HUNGER. GOOD FOR MEMORY.

Meditate, be in
nature, sunshine, light
therapy (SAD Lamps),
massage, remember
happy times.

HACK YOUR HORMONES

OXYTOCIN

CUDDLE OR LOVE HORMONE,
HELPS WITH BONDING

Give a hug to yourself
or someone else, spend
time with loved ones,
look into the eyes of a
baby, cuddle.

ENDORPHINS

PAIN RELIEF & HAPPINESS

Walk, hike, jog, weight
train, make your
favourite meal, watch a
comedy, sex/intimacy,
eat dark chocolate or
spicy food.

Mindjoy Counselling & Training

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