

UNLOCK YOUR HAPPY



SEROTONIN

- Being outside in nature
- Having a massage
- Breathing exercises
- Practicing daily gratitude
- Aerobic exercise

The mood stabilizer

DOPAMINE

- Celebrating success
- Getting enough sleep
- Mindfulness/Meditation
- Listening to music
- Sunlight exposure

The reward chemical

ENDORPHINS

- Creative activities
- Laughter
- Eating cacao rich foods
- Random acts of kindness
- Taking a hot salt bath

The natural pain killer

OXYTOCIN

- Practicing yoga/Qigong
- Cuddles and hugs
- Petting a dog
- Telling someone how much you care
- Spending time with friends

The love hormone

Are you ready to unlock your happy? Use the graphic above to select an activity to release the happiness chemicals in your brain.

Targeting Wellness, LLC

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