

Happiness Chemicals

Dopamine

The Reward Chemical

- eat some yummy food
- listen to music
- pamper yourself

Oxytocin

The Love Hormone

- give someone a hug
- spend time with family and friends

Serotonin

The Mood Stabiliser

- spend time outside
- meditate
- exercise

Endorphins

The Pain Killer

- watch a funny movie
- dark chocolate
- get creative