

# HAPPY HORMONES

## and how to boost them

### DOPAMIN

#### "reward hormon"

- spend time with people who treat you well
- celebrate achieving a goal
- finish a task
- enjoy small victories



### OXYTOCIN

#### "love hormon"

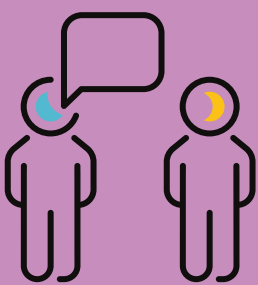
- play with animals
- spend time with friends
- hug someone
- tell someone what they mean to you



### SEROTONIN

#### "happiness hormon"

- laugh
- sleep well
- spend time in the sun
- go running or swimming



### ENDORFIN

#### "good mood hormon"

- do something creative
- watch a comedy movie
- eat dark chocolate
- get some exercise



# STRESS HORMONES

## and what they can cause

### CORTISOL

- increases muscle tension and blood pressure
- causes mood swings
- increases junk food cravings
- worsens sleep
- causes anxiety
- slows down digestion

### ADRENALINE

- prepares the body for action
- activates "fight or flight"
- reduces the body's sensitivity to pain
- increases heart rate
- speeds up breathing

high levels of cortisol and adrenalin in our bodies for a long period of time is not good for our health