

# Tips for Releasing Natural Happiness

## Hormones

Certain hormones are known to help promote positive feelings, including happiness.

Try some of the tips below to release these natural happiness hormones in your body.

### **ENDORPHIN**

Pain Killer

Exercising  
Watching or reading  
comedy  
Eating dark chocolate  
Trying laughter therapy

### **SEROTONIN**

Mood Stabiliser

Exercising  
Meditating  
Being in the sunshine  
Walking in nature

### **OXYTOCIN**

Love Hormone

Video chats with loved  
ones  
Using a weighted blanket  
Playing with a pet  
Giving a compliment

### **DOPAMINE**

Reward Chemical

Celebrating the little wins  
Practicing self-care  
Getting good quality  
sleep  
Completing a task