

YOUR BRAIN'S HAPPY CHEMICALS TO FIGHT STRESS

THE LOVE HORMONE (OXYTOCIN)

- Hugging a loved one
- Giving a compliment
- Playing with a baby or a pet



THE REWARD CHEMICAL (DOPAMINE)

- Completing a task
- Engaging in self-care
- Celebrating little wins



THE MOOD STABILIZER (SEROTONIN)

- Enjoying the outdoors
- Meditating
- Eating dark chocolate



THE PAIN KILLER (ENDORPHINS)

- Exercising
- Laughing
- Helping others

