YOUR BRAIN'S HAPPY CHEMICALS TO FIGHT STRESS

THE REWARD CHEMICAL (DOPAMINE)
- Completing a task
- Engaging in self-care
- Celebrating little wins

THE LOVE HORMONE (OXYTOCIN)
- Hugging a loved one
- Giving a compliment
- Playing with a baby or a pet

THE MOOD STABILIZER (SEROTONIN)
- Enjoying the outdoors
- Meditating
- Eating dark chocolate

THE PAIN KILLER (ENDORPHINS)
- Exercising
- Laughing
- Helping others

Adapted from Breuning, L. G. (2016)