

MBH

D.O.S.E

Happiness Chemicals

DOPAMINE



The Reward Chemical

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

OXYTOCIN



The Love Hormone

- Playing with a dog
- Playing with a baby
- Having sex
- Giving a compliment

SEROTONIN

The Mood Stabilizer

- Meditating
- Running
- Sun exposure
- Walking in nature



ENDORPHIN

The Pain Killer

- Laughter
- Essential oils
- Watch a comedy
- Dark chocolate





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