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

Adapted from Breuning, L. G. (2016). Habits of a Happy Brain: Retrain Your Brain to Boost Your Serotonin, Dopamine, Oxytocin, & Endorphin Levels.

FSU | INSTITUTE FOR TRAUMA & RESILIENCE STUDIES
COLLEGE OF SOCIAL WORK