

Don't worry, be happy.

Our body makes chemicals that can drastically effect our mood. Four common chemicals are responsible for feelings of happiness: **Dopamine, Endorphin, Oxytocin and Serotonin.**

You can consciously create opportunities for your body to release these chemicals, increasing your wellbeing, stabilising mood, improving motivation and increasing connection. See our list of suggestions to DIY your happy chemical kick!

Dopamine

- Completing a task
- Participating in self-care
- Eating food
- Celebrating small wins

Endorphin

- Laughter exercise
- Watching a comedy
- Sharing a joke with a friend
- Exercising
- Eating dark chocolate

Oxytocin

- Playing with pets
- Playing with your baby/child
- Holding hands
- Getting a massage
- Giving loved ones a hug
- Giving a compliment

Serotonin

- Walking in nature
- Running
- Catching some (safe) sun
- Swimming
- Cycling