

How to Hack Happiness Chemicals

Dopamine (Reward)

- Complete a task
- do a self-care activity
- Eat food
- Celebrate a little win

Oxytocin (Love)

- Play with a dog
- Play with a baby
- Hold hands
- Give or get a big hug

Serotonin (Mood)

- Meditate
- Go for a run
- Sunshine
- Walk in nature
- Swim
- Cycle

Endorphin (Pain Killer)

- Laugh
- Have fun
- Watch comedy
- Eat dark chocolate
- Exercise



Note: Electronics is not on these lists.