



Did You Know?

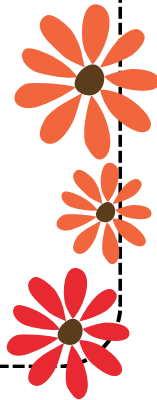
About Happy Hormones

Self-Care increases happy hormones

Dopamine

Dopamine may make you feel better, such as:

- Meditation
- Healthy eating
- Listening to music
- Writing or reading



Serotonin

Serotonin helps regulate mood, sleep and hunger

- Enough sleep
- Diligent sports
- Eat your favorite food
- Keep the mood



Oxytocin

Increases trust and connection in relationships

- Communication skills
- Anti stress
- Trust
- Bounding

Endorphins

This hormone can relieve discomfort

- Enough sleep
- Diligent sports
- Eat your favorite food
- Keep the mood

