

The Brain's Reward System

Oxytocin

(the love hormone)

- Do something nice for someone
- Hug a loved one
- Spend time with a friend



Dopamine

(the reward chemical)

- Eat enough protein
- Exercise
- Spend time outdoors



Serotonin

(the mood stabilizer)

- Listen to music
- Meditate
- Practice gratitude



Endorphines

(the pain killer)

- Create art
- Dance
- Eat spicy food

