# The Brain's Reward System

#### <u>Oxytocin</u>

(the love hormone)

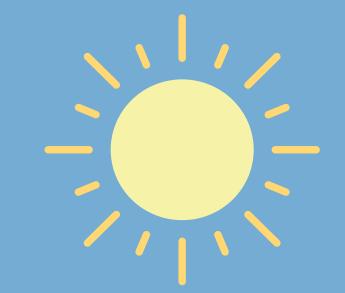
- Do something nice for someone
- Hug a loved one
- Spend time with a friend



## <u>Dopamine</u>

(the reward chemical)

- Eat enough protein
- Exercise
- Spend time outdoors



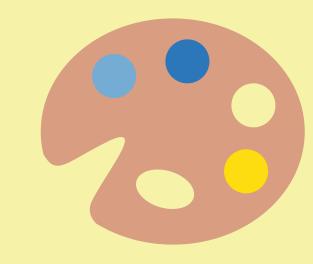
### <u>Serotonin</u>

## (the mood stabilizer)

- Listen to music
- Meditate
- Practice gratitude



- Create art
- Dance
- Eat spicy food



Breuning, L. G. (2016). Habits of a happy brain. Avon, Massachusetts: Simon and Schuster.

