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