

STRESSED?

Build resiliency using your brain's own chemistry.

There are four main brain hormones that are primarily responsible for creating those feel-good emotions and sensations. They moderate our feelings of well-being and are influenced by our stress levels, self-care, and lifestyle choices.

Dopamine

The rewarding chemical

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



Oxytocin

The love hormone

- Playing with a dog
- Playing with a baby
- Holding hands
- Hugging your loved ones



Serotonin

The mood stabilizer

- Sun exposure (be sun safe)
- Meditating
- Running
- Being in nature



Endorphin

The pain killer

- Laughing
- Exercising
- Dark chocolate
- Essential oils

