



36 SIMPLE WAYS TO TRICK YOUR HORMONES AND STAY HAPPY!

Philrypz



ENDORPHINS

Endorphins relieve pain, reduce stress and boost feelings of pleasure and physical well-being.

- Exercise
- Laugh
- Burn essential oils
- Dance
- Be creative
- Eat spicy food
- Vent about stressful situations
- Eat dark chocolate



OXYTOCIN

Known as the love hormone, oxytocin is responsible for the warm/fuzzy feelings that encourage us to bond with others.

- Pet an animal
- Do a good deed
- Hug someone
- Talk to a loved one on the phone
- Spend time with friends
- Get a massage
- Vitamin C&D supplements
- Consume caffeine
- Do Yoga



DOPAMINE

Dopamine is the feel-good hormone responsible for managing the brain's reward centre.

- Listen to upbeat music
- Eat a protein-rich diet
- Exercise
- Get a good night's sleep
- Complete a small task
- Meditate
- Spend time in the sun
- Eat chocolate



SEROTONIN

Serotonin stabilises our mood, improves sleep, and manages emotions, appetite and digestion.

- Meditate/Breathing exercises
- Do Yoga
- Spend time in nature
- Listen to white-noise/nature sounds
- Spend time in the sun
- Take Vitamin D supplements
- Get a massage
- Go for a hike
- Think positive thoughts



One crucial aspect to releasing these hormones is starting a business that triggers different parts of your brain.

Click the link in my bio to see how.

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