



Openings and Closings to Boost Your “Feel Good” Chemicals

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Your Bodies Hormones

- Hormones are chemicals produced by different glands across your body. They travel through the bloodstream, acting as messengers and playing a part in many bodily processes.
- One of these important functions? Helping regulate your mood.
- Certain hormones are known to help promote positive feelings, including happiness and pleasure.

THE CHEMICALS THAT MAKE YOU HAPPY

SEROTONIN

MOOD STABILIZER
MORE SENSITIVE
TO DIET
THAN ANY OTHER
NEUROTRANSMITTER

DOPAMINE

THE "REWARD"
CHEMICAL
RELEASED DURING
PLEASURABLE
SITUATIONS



OXYTOCIN

THE "LOVE" HORMONE
RELEASED
DURING SEX,
CHILDBIRTH
AND LACTATION

ENDORPHIN

WORKS AS
A PAIN-KILLER
RELEASED
AFTER EXERCISE



Happy Hormones

- **Dopamine**
- **Serotonin**
- **Oxytocin**
- **Endorphins**



- Getting enough sleep, exercising, listening to music, meditating and spending time in the sun can all **boost dopamine** levels.

Dopamine



Meditation

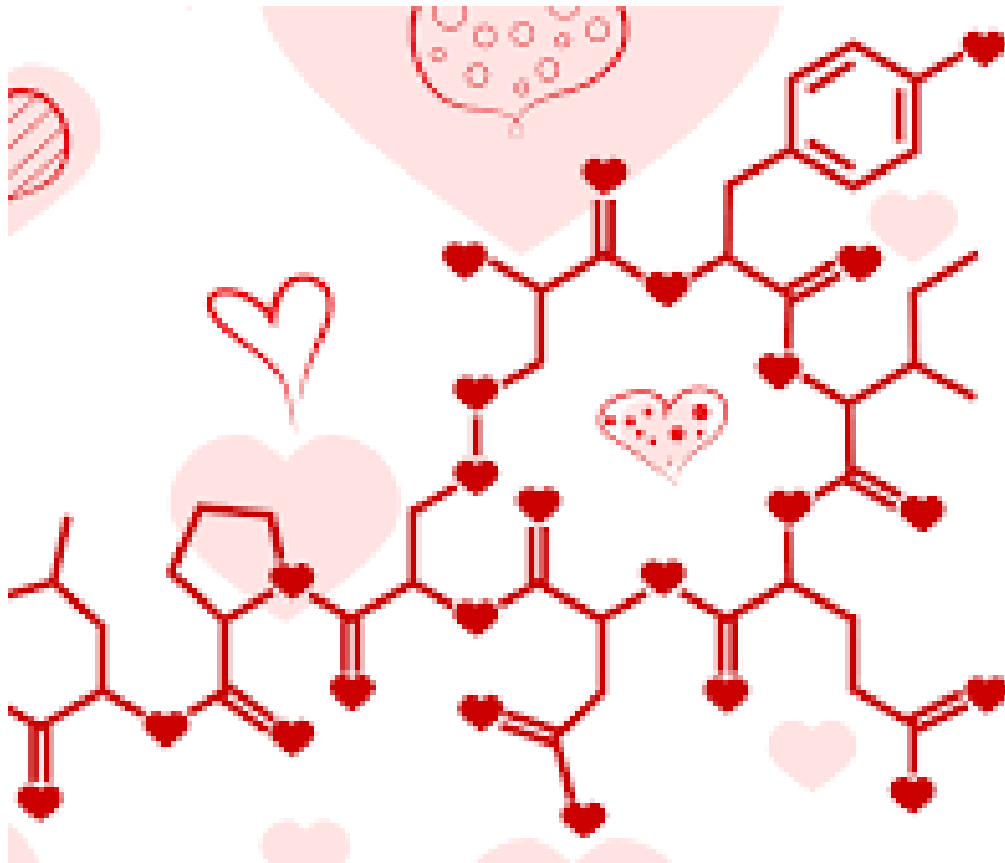
- Loving Kindness Meditation
- Body scan or progressive relaxation
- Mindfulness Meditation
- Breath Awareness
- Kundalini Yoga



Serotonin

- The four ways to **boost serotonin activity** are sunlight, massage, exercise, and remembering happy events.

Oxytocin



- Listen with your eyes
- Give a gift
- Share a meal
- Meditate while focusing on others
- Soak in a hot tub
- Hug somebody for 20 seconds
- Pet a dog
- Use the “L” word
- Tell someone how much you care



Endorphins

- Exercise
- Dark chocolate
- Drink wine
- Giving
- Have sex
- Get a massage
- Meditate
- Laugh
- Affirmations

Connect with us!

