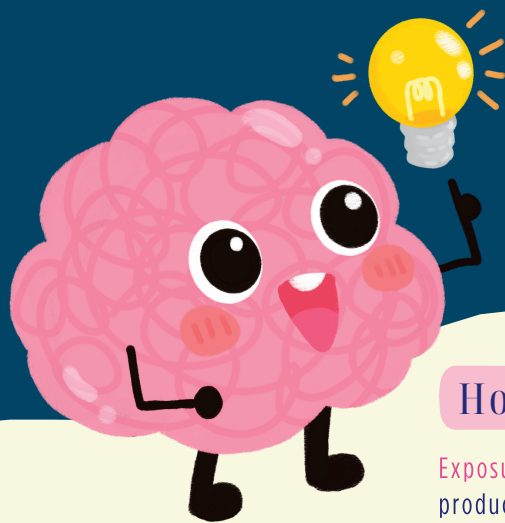


FOUR PRIMARY HAPPINESS HORMONES



SEROTONIN
OXYTOCIN

ENDORPHIN
DOPAMINE



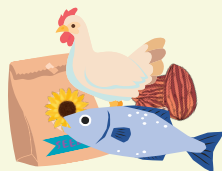
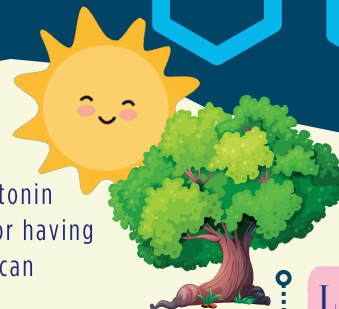
SEROTONIN

Serotonin plays a crucial role in regulating emotions and circadian rhythms. It allows us to experience a sense of happiness and contentment. It also helps us to relax and contribute to a healthy sleep cycle. Maintaining a healthy level of serotonin can keep our mood stable and foster a sense of overall well-being.



How to boost Serotonin?

Exposure to sunlight Sunlight can stimulate serotonin production. Spending time on outdoor activities or having at least 20 minutes of sunlight exposure per day can increase serotonin levels.



Consume foods high in tryptophan Consuming tryptophan-rich foods can support serotonin production. For example, nuts, seeds, poultry, almonds, sunflower seeds, turkey and salmon are excellent sources.

Practise mindfulness and gratitude Taking a few moments each day to focus on your breath and observe your thoughts. You may also try writing a gratitude journal to thank others. Solidifying this habit can help to establish a positive life attitude.



Get enough sleep Getting 7-9 hours of sleep each night helps maintain optimal serotonin levels. Create a relaxing bedtime routine like reading, taking a warm bath, and stretching. Sleep in a consistent schedule to establish a healthy biological clock.

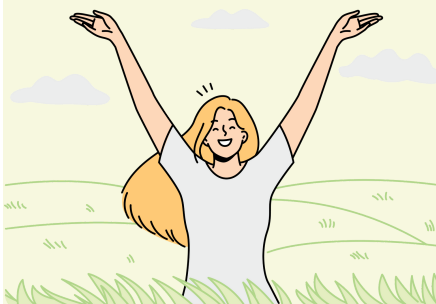
Lack Serotonin?

We will experience a range of emotional and physiological changes. These can include anxiety, depression, irritability and even insomnia.



ENDORPHIN

Endorphin is a natural pain reliever and stress reducer released in response to fatigue, stress and pain. It helps us to alleviate discomfort and create a sense of well-being.



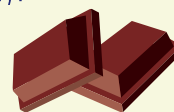
How to boost Endorphin?

Regular exercises Aiming for at least 30 minutes of moderate-intensity physical activities at least three days per week. Choose aerobic exercises (e.g. yoga, swimming, dancing) that you enjoy and maintain a consistent routine.



Keep smiling Laughing and surrounding yourself with positive people. Incorporate humour and positivity into your daily lives, spend time with your friends and family, and watch funny movies or comedy!

Eat dark chocolate A small piece of dark chocolate contains 70% cocoa, which helps produce endorphin.



Take a deep breath and meditate Taking some time to practise slow and deep breathing. Gently guide your attention back to your breath and your body whenever you find yourself being distracted.

Lack Endorphin?

Physical pain and emotional distress may be more noticeable. Low level of endorphin will also hinder our abilities to cope with stress and lead to fatigue, sadness and anxiety.



OXYTOCIN

Oxytocin is referred to as the love hormone or cuddle hormone. The release of oxytocin can be triggered by various social interactions. It helps us establish social bonding, build trust and relieve stress.



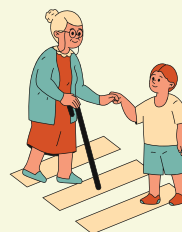
How to boost Oxytocin?

Physical touch Hugging or cuddling with loved ones can stimulate the release of oxytocin. Giving or receiving hugs, holding hands, or comfortable touch can increase the level of oxytocin.



Spend time with family and friends Engaging in activities that promote bonding and open communication, sharing your feelings and listening to others' thoughts can promote social and better relationships. It helps to boost our oxytocin level effectively.

Acts of kindness Offering help or supporting people in need and showing appreciation to the people around us. For example, giving a heartfelt compliment or helping a neighbour. These simple acts can have a positive impact on our oxytocin levels.



Interact with pets Spending time with pets, whether it is playing, grooming or simply cuddling, could increase your oxytocin levels and provide a sense of comfort and connection.

Lack Oxytocin?

We are more likely to feel lonely, anxious and stressed. Also, it is more challenging to build trust and empathy to connect with others on a deep level.



DOPAMINE

Dopamine is often referred to as the reward or motivation hormone. It drives us to engage in goal-oriented behaviour and gain a sense of pleasure and satisfaction. It helps us to focus on the tasks and achieve our goals.



How to boost Dopamine?



Regular physical activities Activities such as jogging, biking and strength training can stimulate dopamine release and support our overall mental and emotional health.

Break down tasks and celebrate their successes Breaking down tasks into smaller ones to manage and accomplish them more easily. Set realistic objectives for yourself and celebrate your achievements, no matter how small they may seem. It helps stimulate dopamine release by providing a sense of accomplishment and reward.



Make time for hobbies and interests Whether it is drawing, dancing, or playing instruments, any activities that can bring us joy can allow us to experience a sense of satisfaction and reward.

Maintain a diet with tyrosine Tyrosine is an amino acid that serves as a building block for dopamine. Consuming food rich in tyrosine can help support your body's dopamine production, such as lean meats, fish, eggs and dairy products.



Lack Dopamine?

We will experience a lack of motivation, difficulty concentrating and feelings of apathy or depression.

