

Feel good neurochemicals

Feel-good hormone	Features	Affects	Be aware	What to do to increase	Food related
Dopamine	Motivation, pleasure, reward	Learning, attention & concentration mood	The repeated dopamine rush can lead to patterns of addiction (computer games, social media hits, drugs, sex, alcohol, shopping, overeating)	<ul style="list-style-type: none"> ○ Self care activities ○ Eat the right foods ○ Complete a small task ○ Dance until you break a sweat ○ Sort your sleep hygiene 	Bananas Avocados Pumpkin seeds Soy
Serotonin	Mood, wellbeing & happiness	Mood	Low levels are linked to depression	<ul style="list-style-type: none"> ○ Ensure safety & respect ○ Exposure to sunshine ○ Immerse yourself in nature ○ Mindful movement exercises ○ Work outs, cycling (runners' high) ○ Meditation 	Prepare a satisfying & healthy meal
Endorphins	Stress release, the body's natural pain killers	Determination Euphoria		<ul style="list-style-type: none"> ○ Dance / exercise ○ Listen to upbeat music ○ Play music ○ Watch a film ○ Play & have fun ○ Laugh ○ Enjoy a hot bath 	Dark chocolate
Oxytocin	Trust & belonging, connection, bonding	Feeling connected to others	Low levels are linked to depression	<ul style="list-style-type: none"> ○ Socialise ○ Physical touch – hugs including hugging yourself ○ Massage ○ Listen to relaxing music ○ Sing in a group ○ Pet an animal ○ Help others ○ Share a compliment 	