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)	○ 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, well being & happiness	Mood	Low levels are linked to depression	○ 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		○ 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	Lonely	Low levels are linked to depression	○ Socialise ○ Physical touch – hugs including self-hugs ○ Massage ○ Listen to relaxing music ○ Sing in a group ○ Pet an animal ○ Help others ○ Share a compliment	