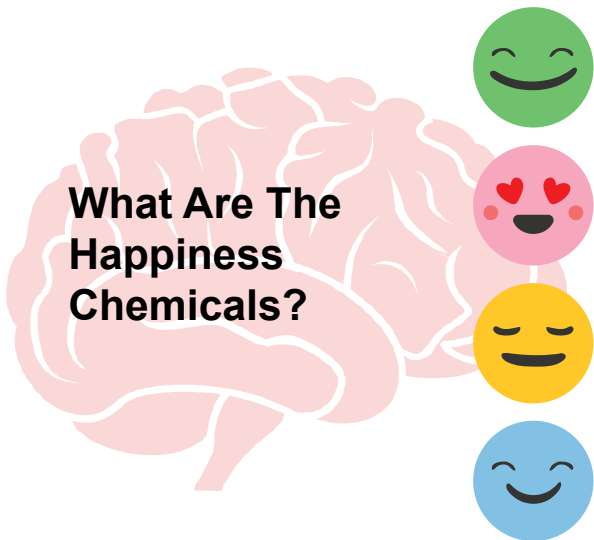


# Activate Your Internal Pharmacy



## What Are The Happiness Chemicals?

### Dopamine

- Promotes feelings of motivation, pleasure, and satisfaction.

### Oxytocin

- Known as the “cuddle or love hormone” and plays a role in bonding.

### Serotonin

- Promotes better moods and better sleep.

### Endorphins

- The body’s natural painkillers that can also alleviate anxiety & depression.

## How Deficiency Affects You

- Procrastination
- Low self-esteem
- Lack of motivation
- Low energy or fatigued
- Inability to focus
- Feeling anxious
- Feeling hopeless
- Mood swings

- Feeling lonely
- Stressed
- Lack of motivation
- Low energy or fatigued
- Disconnect of relationships
- Feeling anxious
- Insomnia

- Low self-esteem
- Overly Sensitive
- Anxiety/panic attacks
- Mood Swings
- Feeling hopeless
- Social phobia
- Obsession/compulsion
- Insomnia

- Anxiety
- Depression
- Mood Swings
- Aches and pains
- Insomnia
- Impulsive behaviour

### Dopamine

### Oxytocin

### Serotonin

### Endorphins

## How to Activate Your Internal Pharmacy

- Meditate
- Daily to-do list
- Long term goals
- Food rich in L-tyrosine (meat, dairy, beans, nuts, and whole grains)
- Exercise regularly
- Create something like writing, music, or art

- Physical touch
- Socializing
- Massage
- Acupuncture
- Listening to music
- Exercise
- Cold Showers
- Meditate

- Exercise
- Cold Showers
- Sunlight
- Massage
- Foods rich in tryptophan (meat, cheese, eggs, nuts, pineapple)

- Laughter/Crying
- Creating music/art
- Eat dark chocolate
- Eat spicy foods
- Exercise/stretching
- Massage
- Meditate