

HAPPY CHEMICALS

DOPAMINE

THE REWARD CHEMICAL

get your daily D.O.S.E.

SEROTONIN

THE MOOD STABILIZER

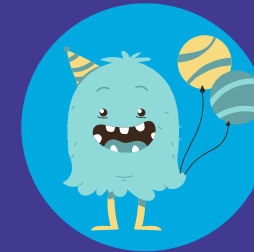
THE JOY OF EXPECTING
NEW REWARD

SENSE OF EXCITEMENT

SHORT TERM PLEASURE

INSTANT GRATIFICATION

FROM: ALONE PLEASURE,
COMPLEMENTING A TASK,
EATING FOOD, CELEBRATING
LITTLE WINS



THE PLEASURE OF
GAINING A ONE-UP
POSITION

SENSE OF ACHIEVEMENT

LONG TERM SATISFACTION

DELAYED GRATIFICATION

FROM: MEDITATION, GRATITUDE
PRACTISES, SUN
EXPOSURE, CONTACT WITH
NATURE

OXYTOCIN

THE LOVE HORMONE

THE COMFORT OF
SOCIAL TRUST

INSTANT GRATIFICATION

GIVES FEELING OF TRUST

CREATES TRUST,
RELATIONSHIPS, INTIMACY

FROM: GIVING OR RECEIVING
HUGS OR GIFTS, GIVING A
COMPLIMENT, HOLDING HANDS



ENDORPHIN

THE PAIN KILLER

THE OBLIVION THAT
MASKS PHYSICAL PAIN

EVOLVED FOR
EMERGENCIES

RESPONDS TO PAIN
AND STRESS TO
ALLEVIATE ANXIETY
AND DEPRESSION

FROM: LAUGHING, EXERCISE,
EATING DARK CHOCOLATE,
WATCHING COMEDY,
ESSENTIAL OILS

