

## How to Engage Your Happiness (and Stress) Hormones for Maximum Health and Resiliency

HORMONE	 <b>DOPAMINE (H)</b> "STRESSED MESS"	<b>ENDORPHINS (H)</b> "OVERLY SENSITIVE"	<b>CORTISOL (S)</b> "WHO CARES?"	 <b>OXYTOCIN (H)</b> "LONLINESS"	<b>SERATONIN (H)</b> "DARK CLOUD" 
<b>WHAT IT DOES</b>	Creates satisfaction from achievement; motivates; regulates body functions; enables you to communicate and control movement  Neurotransmitter	Mood and pain regulator, blocks all kinds of pain, reduces stress and anxiety, help you feel joy, and general well-being  Neurochemical	Controls capacity for handling stress; regulates blood sugar, inflammation, metabolism and memory  Steroid hormone	Soothes and restores self-regulation after stress response; influences empathy, generosity and orgasm  Neurotransmitter	Happiness booster; emotional processing  Neurotransmitter
<b>HOW IT WORKS</b>	Pleasure from setting and achieving goals	Natural pain reliever; work on opiate receptors in brain, minimizes pain; maximizes pleasure	Fight, Flight or Freeze response; finds stress equilibrium; sets stress response "thermostat"	Specific, wanted touch with a safe, special person	Regulates mood and digestion; made in the gastrointestinal tract; decreases appetite
<b>WHERE MADE</b>	Midbrain and Hypothalamus	Pituitary Gland (brain)	Adrenal Gland (kidneys)	Hypothalamus (brain)	Gastrointestinal tract
<b>HOW TO DO IT</b>	Eat well; Setting and meeting goals; Meaningful actions; light frequent exercise; sleep well; listen to music	Sniff lavender or vanilla; Intense exercise (especially in a group); have sex; laugh; eat dark chocolate; listen to music	Eat well; sleep well; do artwork; laugh with loved ones; spend time in nature; listen to music	10 seconds of touch; sunlight; caring for pets; yoga; socializing	Positive thinking; mindfulness; eating well; sunlight; eat protein with tryptophan
<b>HEALTH PROBLEMS WITHOUT IT</b>	Apathy, Depression, Restless Leg Syndrome, Procrastination, Oversleeping, not feeling pleasure from daily activities, craving sugary and fatty foods, sodas, alcohol, inability to lose weight	Cry very easily; hypersensitive to emotional or physical pain; crave comfort food and drugs; depression, anxiety, moodiness, aches and pains, addiction, trouble sleeping; impulsiveness	Weight gain, acne, thinning skin, flushed face, easy bruising, slowed healing, muscle weakness, severe fatigue, irritability, difficulty concentrating, high blood pressure, headache	Addiction, Aggression, Social Anxiety, Depression, Memory loss, intense loneliness in any setting, Fibromyalgia	Chronic, persistent fatigue; Depression; Low self-esteem; Loss of interest in sexual activities; Obsessive-Compulsive disorder
<b>LANGAUGE OF LOVE</b>	Acts of Service	Receiving Gifts	Time Spent Together	Physical Touch	Words of Affirmation
<b>EXAMPLE: BURRITO</b>	Let me make you a burrito!	Wow! You made me a burrito!	Let's eat this burrito together!	Let's cuddle and I'll wrap you in my blanket like a burrito!	You make delicious burritos!

© Nick Lawrence: Tools for Life 2019 (H) = Happiness Hormone, (S) = Stress Hormone **Neurochemical:** substance w/information that moves between neurotransmitters

**Neurotransmitter:** a substance that causes the transfer of the an impulse/information from one nerve or muscle fiber to another

**Steroid hormone:** made in Adrenal gland, testes and ovaries, from cholesterol, targets organs to control physiological functions