

Unleash Your Happy Hormones Naturally..

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DOPAMINE

THE REWARD CHEMICAL

- Completing a task
- Eating food
- Celebrating little wins
- Self-care activities
- Essential Oils:
Bergamot, Lemon, Peppermint,
Frankincense, Lavender, Ylang
Ylang

OXYTOCIN

THE LOVE HORMONE

- Playing with a baby
- Playing with a dog
- Give a compliment
- Hold hands
- Hug family
- Essential Oils:
Bergamot, Sandalwood, Lavendjer,
Neroli, Jasmine, Roman
Chamomile, Clary Sage, Rose

SEROTONIN

THE MOOD STABILIZER

- Praying
- Walking in nature
- Sun exposure
- Cycling
- Running
- Swimming
- Essential Oils:
Lavender, Bergamot, Frankincense,
Clary Sage, Lemon, Peppermint

MELATONIN

THE SLEEP HORMONE

- Dim your lights at night.
- Reducing screen time
- Sun exposure
- Eating right
- Relaxing activities
- Essential Oils:
Serenity, Copaiba, Vetiver,
Lavender, Roman Chamomile,
Magnolia, Cedarwood, Bergamot

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