



OXYTOCIN

love hormone

Nice talking
Massage
Embrace
Pets



ENDORPHIN

pain killer

Tasty food
Hobby
Nice talking
Physical
exercise



SEROTONIN

mood regulation

Active lifestyle
Physical exercise
Walks
Staying in the sun
Healthy sleep



DOPAMINE

feeling of pleasure

Eat protein foods
Sport
Meditation
Massage
Favorite music

Oxytocin Notes And Serotonin Scribbles

Lauren Gardner



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