Happiness Chemicals Grid

"No matter how bad you feel, or how things may seem, you will feel better at some point"

There's a certain percentage of the population that, for one reason or another, refuses to take medication. Though, in some cases of mood imbalance pharmaceutical intervention may be the only remedy, we naturally have certain brain chemicals we can activate to support well-being. No one should suffer in silence. As with the Mood Scale and reference to clinical symptoms from the Mayo Clinic, this is no way represents medical advice and is for information purposes only.

Dopamine **The Reward Chemical**	**Serotonin** **The Mood Stabilizer**
Activated by: ●| Completing a task ●| Doing self-care activities ●| Eating food ●| Celebrating little wins	**Activated by:** ●| Meditating ●| Running ●| Sun exposure ●| Walk in nature ●| Swimming ●| Cycling
Endorphins **The Pain Killer**	**Oxytocin** **The Love Hormone**
Activated by: ●| Laughter exercise ●| Essential oils ●| Watch a comedy ●| Exercising ●| Dark chocolate	**Activated by:** ●| Playing with a baby or child ●| Playing with a pet ●| Hugging loved ones ●| Giving a compliment ●| Holding hands

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In wanting to be thorough here, not mentioned in the chart is another very relevant brain chemical called norepinephrine (abbreviated as NE), which is also called noradrenaline. Research on this brain chemical indicates that it acts primarily as a neurotransmitter in your nervous system but can also act as a hormone in the body. It plays a key role in many important functions.

Norepinephrine is classified as an excitatory neurotransmitter, which means it stimulates activity in the brain, boosting the function of different cells to keep your brain and body running efficiently.

A somewhat high NE activity level makes you happy, and a really high level makes you euphoric. Many recreational drugs get people "high" by increasing levels of norepinephrine (and the related neurotransmitter dopamine). This in no way advocates drug use.

The main references found were about foods that can specifically increase NE include: bananas, chicken, chocolate, eggs, fish and seafood, meat, oatmeal.

Foods that contain the amino acid, tyrosine, are particularly recommended, which include: cheese and other dairy products, soybeans, nuts, and whole grains as well as beans and legumes.

It's possible that these natural remedies and activities can help ward off depression as well as increase mood elasticity to bounce back from low-level depression. As noted, they may also be particularly beneficial for depression related to environmental and circumstantial events rather than an imbalance warranting medication to correct brain chemistry.

DISCLAIMER: *This information is not intended to provide a psychological diagnosis or course of treatment, nor does it constitute a professional counseling or coaching relationship*.

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