

Happiness Boosters For Adults



Dopamine, aka The Reward Feeling

- Complete an item on your to-do list
- Take a long shower or bath
- Finish a level on your favorite game
- Read a book or listen to music
- Enjoy a favorite treat



Serotonin, aka The Mood Booster

- Take a walk outside
- Go for a swim
- Meditate or do yoga
- Take a bike ride
- Name three things you're grateful for



Oxytocin, aka The Loving Feeling

- Initiate a hug
- Spend time with your bestie
- Bond with your child or partner
- Give someone a gift
- Listen to your child with full attention



Endorphins, aka The No-Pain Feeling

- Watch your favorite comedy movie or show
- Get a massage or do some stretches
- Have a good cry
- Go for a run
- Text funny memes to family or friends