

# The happy HORMONE

## ENDORPHINS

Endorphins are hormones created in your pituitary gland and hypothalamus. These are both located in the brain. They are a type of neurotransmitter, or messenger, in your body and their function is to reduce stress and improve mood.

They attach to your brain's reward centres and when they are released, you will feel happier, less stressed and more energetic.

*Hormones are chemicals that act as messengers in the bloodstream that control behaviour.*



## ACTIVATE YOUR HAPPY HORMONE

### EXERCISE MORE

Any exercise or sport that makes you move can activate endorphins.

### LAUGH MORE

Laughing really hard makes anyone feel better. Watch more comedies and tell more jokes!

### SOCIALISE MORE

Surround yourself with people you love. Spending time with happy friends is also a huge booster. Having pets also increases endorphins.

### GET CREATIVE

The satisfaction of creating something can give an 'endorphin high'.

### DANCE MORE

At a party or at home – dance like no-one is watching!

### EAT MORE

Some foods naturally help release endorphins. Chocolate and spicy foods especially. Grapes, strawberries and nuts also have nutrients that support endorphin production.

### CRY MORE

It's an emotional release; most people feel better after a good cry.

### DO MORE FOR OTHERS

Acts of kindness release a mix of happy brain chemicals including endorphins.

### HAVE MORE FUN

Listening to music you love is a huge boost.

