



Reflect and discuss

Our inner feel-good factory



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Checking in

How are you feeling right now?

- don't ask
- meh
- okay, I guess
- pretty good
- couldn't be better

How often do you feel this way?

- Often
- Half the time
- Sometimes
- Rarely

Many of the things we do each day contribute to our sense of wellness by releasing feel-good chemicals, or neurotransmitters, in our bodies. Our “inner feel-good factory” can help us stay motivated to cope with our problems and create the lives we want.

Consider the chart below and check off the feel-good activities you do regularly.



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Serotonin is a mood stabilizer that's released when we're...

- meditating
- running
- walking in nature
- socializing
- spending time in the sun

Dopamine, known as the reward chemical, is released when we're...

- completing a task
- striving for a goal
- eating delicious food
- doing self-care activities

Endorphins are painkillers that circulate through the body when we're...

- dancing
- exercising
- laughing
- using essential oils

Oxytocin is called the love drug. Love chemicals are released when we're...

- petting a cat or dog
- playing with a baby
- hugging someone
- giving/receiving a compliment

How do you feel about the number of feel-good activities you're already doing? Would you like to do more? Which ones would be easy to add to your routine?

Use the back of this sheet to map out a plan for doing more feel-activities in the following week. Share your plan with a partner.

Test out your plan for one week. Then check in with others about how you feel after making some changes.

Did you know...?

Yoga is one of the most complete forms of exercise, working on all systems in the body. But it helps with happiness too. Yoga taps into our endocannabinoid system, releasing anandamide (*ananda* means "bliss") and other feel-good chemicals throughout the body. Yoga also decreases the stress hormone known as cortisol.

References

1. Psychology Today: [The neurochemicals of happiness.](#)
2. Here to Help: [Understanding Substance Use: A Health Promotion Perspective](#)