

Happiness Chemicals And How To Hack Them

ሐሴት ዘለዎ ከሚካላትን ብኸመይ ከም እትቆርጹምን



DOPAMINE
THE REWARD CHEMICAL
ዓርሰ ዓስቢ

Completing a task

ሐደ ዕዮ ምውዳእ

Doing self-care activities

ባዕልኻ ምክንኻን

Eating food

ዝተመጣጠነ ምግብ ምምጋብ

Celebrating little wins

ሂደት ዓወት ምብዓል/ምክባር





OXYTOCIN
THE LOVE HORMONE
መንፈሳዊ ዕግበት

Playing with a dog

ምስ አኽላባት ምፅዋት

Playing with a baby

ምስ ሕፃናት ምፅዋት

Holding hand

ኢድ ንኢድ ምትሓዝ/መሕጋዝ

Hugging your family

ስድራ ቤትካ ምሕቋፍ

Give compliments

ናእዳ ምሃብ(አድንቆት ምሃብ)





SERTONIN THE MOOD STABILIZER መነቃቅሒ

Meditating

ምስትንታን

Running

ምጉያይ

Sun exposure

ናብ ፀሓይ ምቕላዕ

Walk in nature

እብ ተፈጥሮኣዊ ቦታታት ግዜ ምሕላፍ

Swimming

ብሸክለታ ምዃዋር

Cycling

ምሕምባስ



ENDORPHIN
THE PAIN KILLER
መዐገሲ ስቃይ

Laughter exercise

ምስላቅ/ምህዳስ

Essential oils

አገደስቲ ዘይቲታት ምጥቃም

Watch a comedy

ኮመዲ ምርኣይ/መስላቅቲ መደባት ምርኣይ

Dark chocolate

ፀላም ቸኮሌት ምብላዕ

Exercising

አካላዊ ምንቅስካሳ ምግባር





Resources

- <https://www.google.com/amp/s/www.psychologytoday.com/us/blog/your-neurochemical-self/201107/nature-gave-us-four-kinds-happiness%3famp>

