# Twitter Thread by Jacked Aecus | Personal Development



**Jacked Aecus | Personal Development**
@JackedAecus

## 36 SIMPLE WAYS TO TRICK YOUR HORMONES AND STAY HAPPY...

Endorphins

Endorphins relieve pain, reduce stress, and boost feelings of pleasure and physical well-being.

- Laugh
- Dance
- Exercise
- Have sex
- Be creative
- Eat spicy food
- Drink red wine
- Burn essential oils
- Eat dark chocolate
- Vent about stressful situations

Serotonin

Serotonin stabilizes our mood, improves sleep, and manages emotions, appetite, and digestion.

- Do Yoga
- Go for a hike
- Infrared sauna
- Get a massage
- Spend time in nature
- Spend time in the sun
- Think positive thoughts
- Play easy-listening music

- Take Vitamin D supplements
- Meditate/Breathing exercises
- Listen to white-noise/nature sounds

Oxytocin

Oxytocin is responsible for the warm/fuzzy feelings that encourage us to bond with others.

- Sing
- Do Yoga
- Pet an animal
- Hug someone
- Get a massage
- Do a good deed
- Talk to loved ones
- Consume caffeine
- Spend time with friends
- Vitamin C&D supplements

Dopamine

Dopamine is the feel-good hormone responsible for managing the brain's reward center.

- Exercise
- Meditate
- Eat chocolate
- Eat a protein-rich diet
- Complete a small task
- Listen to upbeat music
- Spend time in the sun
- Get a good night's sleep

Master the Art of Psychology by reading 100 Mental Models

You can't improve if you don't know what you're doing wrong.

- Become the master of your mind
- Practice critical thinking skills
- Make more rational decisions

Change your life here ■
https://t.co/rv294v7rJR

Consider joining my free Telegram channel:
https://t.co/9jzFLmWCMZ

And that's a wrap!

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I hope this thread was able to add 1% value to your life ■■

I created this account to:

- Inspire you
- Motivate you
- Help you grow in life

Thanks for reading :)