Twitter Thread by Renshaw

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How to hack the chemicals in your brain and make yourself feel better. A thread.

You can't always control them, but you can use them to your advantage.

1. Endorphins: They're pain relievers and can also elevate your mood.

They are released when you do the following.
-Exercise
-Dance
-Have Sex
-Laugh

2. Seratonin: It does a lot of things. But what we're interested in is its function in regulating your mood, sense of well-being, happiness and sleep.

Get your dose of it by doing the following.
-Meditate
-Go outdoors
-Get some sunshine
-Remember something that made you happy

3. Dopamine: It is responsible for making us feel pleasure, satisfaction and a sense of reward.

Dopamine is released when you:
-Complete a task
-Eat something you like
-Listen to music

4. Oxytocin: Makes you feel affection and bonding towards someone or something.

Oxytocin is released when you:
-Hold hands
-Hug
-Play with a baby

-Pet a dog

For a small dose of oxytocin, consider retweeting and sharing this thread.