

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. Serotonin: 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.