

THE COMBO OF HAPPINESS

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Endorphin, serotonin, dopamine, and oxytocin are the neurotransmitters responsible for causing pleasant sensations in the brain. They make it possible to coordinate emotions and relieve pain. Know them and learn how to activate them.

ENDORPHIN

¿What is it?

Characterized by its analgesic and pleasant effect. At-risk circumstances lessen the feeling of physical and emotional pain allowing you to face difficult situations. For its ability to soothe pain, it is known as natural morphine as it is produced by the body.

¿How it is generated?

Laugh, dance, sing, listen to music, read for pleasure, meditate, relax, watch movies, meet goals, do yoga, and perform exercise routines from medium to high intensity.

SEROTONIN

¿What is it?

Responsible for generating feelings of relaxation, satisfaction, well-being, increases concentration and self-esteem. Cheer up a bit.

¿How it is generated?

Remember the good times, look at old photos, talk to a friend, expose yourself to sunlight, receive massages, do aerobic exercise, hydrate, and sleep. Also, eat foods high in tryptophan (an amino acid) such as: eggs, pasta, rice, dairy, cereals, chicken, turkey, beans, lentils, and chickpeas.

DOPAMINE

¿What is it?

Neurotransmitter of the reward, since it motivates to repeat behaviors that generate satisfaction.

¿How it is generated?

Set short-term goals and celebrate when you meet them. Exercise, listen to music, meditate, sleep, eat eggs, nuts, and dark chocolate.

OXYTOCIN

¿What is it?

Related to affective bonds and love. It stimulates feelings of empathy, sociability and belonging to a group. It provides tranquility and security. Reduces stress and anxiety.

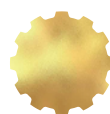
¿How it is generated?

Embrace, give or receive gifts, have positive thoughts, meditate, perform acts of generosity.

Neurotransmitters influence people's mood. Try to do activities that stimulate them to enjoy an emotional balance. Remember, if you're having a hard time, you're not alone, get help. Línea PAS: 1-800-981-0023.



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References:

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