

# Hack Your Happy Chemicals: Mindful Mood Booster

## Instruction page



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### Activity Type

Age: 10-18+

#### Participation Style:

1-1 activity  
Solo activity  
Group handout - solo play

#### Theme:

Mindful, emotions, self stability, wellbeing.

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### General Activity Info

#### Mood chemicals

This activity introduces participants to the "happy chemicals" in the brain—dopamine, serotonin, oxytocin, and endorphins—and explains how they influence mood and well-being. The resource provides practical, daily activity suggestions to naturally boost these chemicals, such as exercising, expressing gratitude, or spending time with loved ones. Participants can track their progress using a simple tracker sheet, encouraging intentional efforts to prioritize their mental and emotional health.

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### Materials Needed

- A printed copy of the resource.
- Pens.

4

### Step by Step Instructions

#### Introduction:

1. Briefly explain each "happy chemical" and how it impacts emotions.
2. Highlight examples of activities that boost each chemical.

#### Daily Tracking:

1. Participants choose 1-2 activities each day from the list to engage in.
2. Record the completed activities on the tracker.

#### Reflection:

1. At the end of the week, participants review their completed activities.
2. Encourage participants to reflect on changes in their mood or mindset after engaging in different activities.

#### Discussion (Optional):

1. Share experiences as a group.
2. Discuss which activities were most effective and why.



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Whether you’re feeling a bit down, stressed, or just want to add more joy to your day, engaging in activities that promote these chemicals can make a big difference.

## What To Do

Each day, pick one activity from the list (you can also add your own!) that promotes the production of a specific happy chemical. Aim to do at least one activity for each chemical throughout the week. This practice can help you feel balanced, energized, and fulfilled.

### Dopamine

*The Reward Chemical*

- Set and Achieve Small Goals
- Exercise
- Listen to Music
- Meditate
- Try Something New
- Eat Protein-Rich Foods
- Get Enough Sleep
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### Oxytocin

*The Love Hormone*

- Hug Someone
- Spend Time with Pets
- Give Compliments
- Volunteer
- Practice Active Listening
- Share a Meal with Friends or Family
- Express Affection
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### Serotonin

*The Mood Stabilizer*

- Spend Time in Nature
- Practice Gratitude
- Sun Exposure
- Go Swimming
- Eat Foods with omega-3 fatty acids, like salmon and flaxseeds
- Connect with loved Ones
- Journal
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### Endorphins

*The Pain Killer*

- Laugh
- Engage in High-intensity Workouts
- Eat Dark Chocolate
- Listen to Music
- Dance
- Do a Yoga Session
- Get a Massage
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