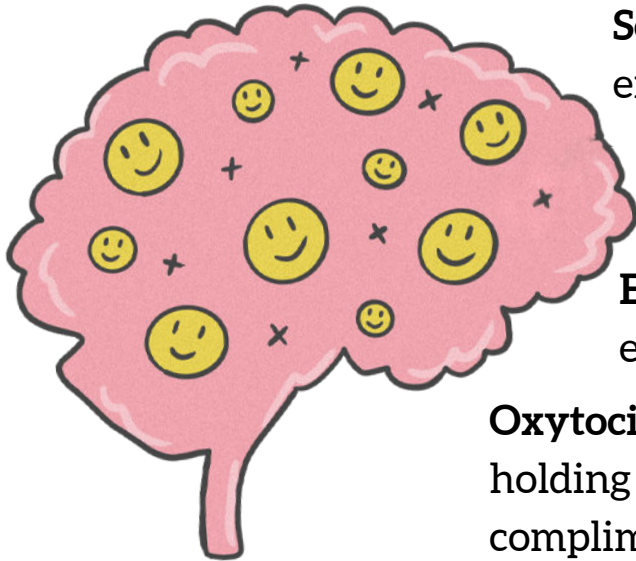


Name: _____



Serotonin - riding a bike, walking outside, running, enjoying some safe sun rays, swimming

Dopamine - completing a task, self-care, eating food, celebrating small victories

Endorphins - laughing, eating dark chocolate, exercising

Oxytocin - petting an animal, playing with a child, holding hands, massage therapy, hugs, giving a compliment.

Write or draw a picture of you doing an activity that will increase your chemical levels healthily.

This is how I will work to keep my brain safe and healthy!