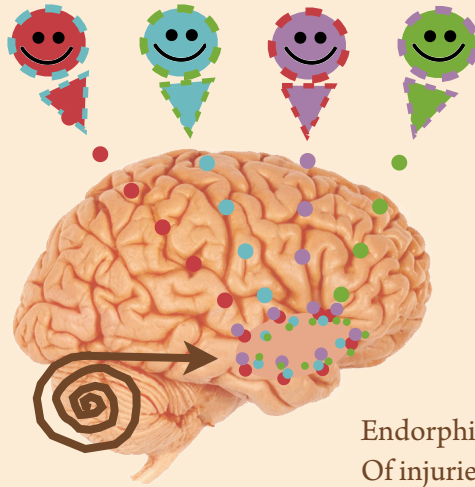


Meet Your Happy Chemicals

Dopamine Endorphin Oxytocin Serotonin



Dopamine



Dopamine makes you jump for joy
When you reach a goal or get a toy.
In nature, it helps you respond to food cues.
“Yippee!” Rewards cause your neurons to fuse.
Dopamine feels great so you try to get more.
It rewarded our ancestors’ will to explore.
Cocaine triggers dopamine. Caution to all:
Joy without goal-seeking leads to a fall.
Dopamine causes expectations.
Correct predictions bring good sensations.
Dopamine flows when you feel like “I’ve done it.”
If things are done for you, your dopamine will shun it.

Endorphin



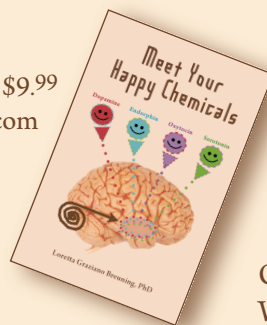
Endorphin helps you mask the pain
Of injuries that you sustain.
Your ancestors survived from predator attack
Cause endorphin felt good as they ran back.
Endorphin receptors let opium in.
You feel like you’re safe tho’ you don’t lift a shin.
Exercise triggers it safely at home.
But only for workouts that last ‘til you groan.
Laughing and crying can trigger it too.
But just for an instant– then the job’s thru.
Endorphin feels great when it eases your pains.
But only real pain makes it flow in your veins.

Serotonin

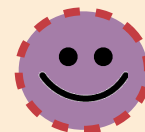


Serotonin swells your chest with pride
When you get respect and needn’t hide.
You are still modest and don’t like to boast.
But no serotonin flows when you coast.
You feel good when you boost yourself higher.
But if others do this, it provokes your ire.
“I don’t care about status. It’s other who do.”
But you spurt serotonin when the limelight’s on you.
Status doesn’t depend on money.
You can be clever or helpful or funny.
But when others one-up you, your mind agitates.
‘Cause serotonin droops ‘til you lift your own weights.

\$9.99
Amazon.com



Oxytocin



Oxytocin helps you trust your mates.
We love the bonds that it creates.
Oxytocin flows when you stick with the herd.
“Not me!” you may say, “I’m no bovine or bird.”
But without social bonds, your brain feels alarm.
Herds protected our ancestors from lethal harm.
Tho’ the herd will annoy you, the pack hurt you so.
When you run with a pack, oxytocin will flow.
“My pack is great and the other is nuts.”
Mammals felt this since their earliest struts.
You’re above all this foolishness, obviously.
But you feel good when I trust you, and you, me.

Loretta Graziano Breuning, PhD

www.meetyourhappychemicals.com