



FROM DIVORCE TO DESTINY

UNDERSTAND THE BIOLOGY OF YOUR WELLNESS

Dopamine - the reward hormone considered the feel good hormone

Oxytocin - the love hormone known to increase trust

Serotonin - the mood hormone for well-being and happiness

Endorphins - the willpower hormone, helps create good habits

- Oxytocin triggers the bond between a mother and infant may also play a role in recognition sexual arousal trust and anxiety. some Researchers show that the hormone may affect addiction in stress as well.



- Serotonin it is believed to regulate mood and social behaviour, appetite, gastrointestinal function, sleep, memory, and sexual desire.

To learn more about Neurochemistry in Crisis- watch [HERE](#)



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- Dopamine is associated with feelings of exhilaration, bliss, motivation, and concentration. It plays a key role in a range of body systems as well as functions, including movement, sleep, learning, mood, memory, and attention.



- Endorphins are chemicals produced by the body to relieve stress and pain and often can produce a feeling of euphoria that is both healthy and safe without the risk of addiction or overdose.

Dopamine is a pleasure hormone and is stimulated when we strive towards a goal for motivation.

Serotonin boosts our mood and makes us more agreeable and sociable. It is an appetite regulator.



Oxytocin acts as a chemical messenger for the reproductive system and some behavior in relationships.

Endorphins are produced by the body to relieve stress. It's an anti-anxiety hormone.

There are many, many ways to boost these hormonal levels intentionally - from exercise, to hugs, to nutrition to laughing. If you've read about a hormone that you need more of, focus on that outcome and learn about ways to increase these hormones.