香港紅十字會
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HAPPY HORMONES

Hormones are chemical substances secreted by endocrine glands that not only coordinate various physiological functions in the body but also have a significant impact on our emotions. Let's explore four hormones that can make us feel happy, including serotonin, endorphins, oxytocin, and dopamine, each of which plays a different role in improving mood.

Serotonin

Function：

- Regulates mood, sleep, digestion
- Promote feelings of contentment, satisfaction, and relaxation. It often called the "feel good" chemical

Endorphin

Function：

- Response to pain or stress
- Relieves pain and creates a general feeling of well-being

Oxytocin

Function：

- During physical contact and social activities, the body releases oxytocin
- Promotes feelings of relaxation

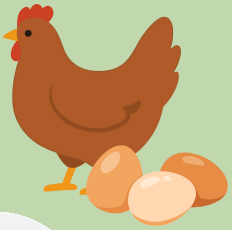
Dopamine

Function：

- Known as the "reward hormone" or "motivation hormone"
- Drives us to engage in goal-oriented behaviors, helping us maintain motivation and focus
- Promotes feelings of pleasure and satisfaction

WAYS TO ENHANCE HAPPINESS

Happy Foods



Green vegetables

Bananas

Foods rich in tryptophan or tyrosine
such as nuts, seeds, poultry, lean meats, fish, eggs, and dairy products.

Dark chocolate
(containing 70% or more cocoa)

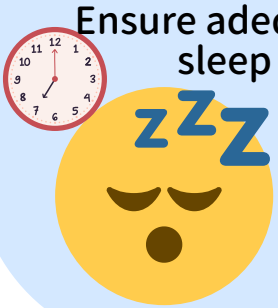
Lifestyle

Get sunlight exposure

Interact with pets

Set small goals and celebrate achieving them

Acts of kindness and generosity



Ensure adequate sleep

Engage in regular exercise

Develop hobbies or interests

Participate in various social activities

By adjusting our mindset and habits, we can gracefully face life and rediscover a joyful existence!

References:
Harvard Health Publishing
Psychology Service, Social Welfare Department
Department of Health Special Preventive Programme Integrated Treatment Centre

Editor:
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The above information is for reference only.
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香港公益金 The Community Chest 會員機構 Member Agency