



Happy Hormones

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ABSTRACT

This study aims to let people know about how you can control your hormones and ultimately your mental health. Through this exploration you will get to know about certain “self-care” strategies. By first knowing about your happy hormones, its part, also how it works, and how you can hack them by doing colorful conditioning and consuming certain foods to induce the happy hormones in order to feel good. You can hack these hormones simply by performing certain tasks whenever you feel depressed.

Introduction and Objective

During The COVID-19 epidemic, we all have endured the passions of stress, anxiety, fear, sadness, loneliness and depression in some cases. For all those reasons we need to learn ‘self-care’ strategies for our physical as well as mental health. At the moment everyone talks about mental health related issues, but in this exploration we are going to find out ways to boost our mental health by playing on our “happy hormones”. Happy hormones are our mental health’s ‘best friend’. By simply playing with these hormones or just inducing them in our bodies naturally can make us feel better.

Literature Review

At the first, all of the information in relation with happy hormones were searched through google-According to research by Henry Ford University, it is said that some activities can boost the production of happy hormones in our bodies.

By Health Line Researches we got to know about 10 effective ways to increase the levels of dopamine, serotonin, oxytocin and endorphins naturally in our bodies.

Through BYJUS.com we got to know about the hormones and their roles in your body.

Dr. Paul Zak explains that inter-personal touch not only raises oxytocin, but reduces cardiovascular stress and improves the vulnerable system. Rather than just a hand-shake, go in for the clinch. Dr. Zak recommends eight hugs each day.

Studies according to entrepreneur.com have shown that dark chocolate and spicy foods will get your brain to release endorphins. Keep some perfumed canvases and dark chocolate at your office for a quick endorphin boost. Hence, making you feel good.

Discussion and Hacks

Hormones are the chemical couriers of our body. They travel through the bloodstream taking part in numerous processes. Some of these processes include regulation of moods such as happiness, sadness, wrathfulness or disgust. Hormones in our body rise and fall throughout the day. For illustration, a swell of cortisol in the morning wakes you up, while another hormone, melatonin, helps you to get ready to sleep at night. And also there are hormones that have a positive impact on your mental as well as your physical health, the *happy hormones*.

Happy Hormones

There is not any particular device to measure happiness exactly. Still, there are hormones that are associated with the passions of enchantment. Whenever these hormones are buried in our body we feel good. Hence, they are also called “feel-good hormones”. The hormones that promote positive passions, similar to pleasure and happiness, are called happy hormones. The following four are classified as happy hormones.

Endorphins

Endorphins are chemicals which are produced by the body to relieve pain and stress. A well-known illustration of this hormone in action is the runner’s high, which is felt after an emphatic and lengthy exercise. You know that feeling that runners talk about after getting on long runs? The “runner’s high?”. Along with exercise, laughing is one of the easiest ways to induce endorphin release. Taking your sense of humor to work, encouraging that funny dispatch and changing several effects to laugh at during the day is a great way to keep your endorphins flowing.

Dopamine

Dopamine causes that little happy feeling when someone likes our post on Instagram, fills in a checkbox, or completes a small task. Even worse, the goods of dopamine are transitory. This is not the type of long-lasting happiness that will be suitable to savor, and it’s likely not the thing on your hunt for happiness. It will last just long enough to get you to check another social feed on your phone or beat another level of Candy Crush.

Oxytocin

Oxytocin is frequently affectionately referred to as “the cuddle hormone” because it is released by the brain during physical contact with our loved ones. It is also the reason behind the feelings of love, fellowship, or deep trust. However, oxytocin is one of the main reasons why, if humans are social creatures. It is released by men and women during closeness and by mothers during parturition and breastfeeding. A simple way to keep oxytocin flowing is to give your loved one a clinch.

Serotonin

Serotonin flows when you feel significant or important. Loneliness and depression are present when serotonin is absent. Reflecting on your once achievements allows your brain to relive the experience. Your brain has trouble telling the difference between what’s real and what’s imagined, so it produces serotonin in both cases. Gratitude practices are popular for this reason. There are good effects on your mental health when you recall the happy moments you have experienced. However, take moments to recall your past achievements, victories, memories, and love.

Know your deficiency and hack your hormones

<u>Deficiency</u>	<u>Symptoms</u>	<u>Hacks</u>
Endorphin	Anxiety Depression Insomnia Impulsive behavior	Laugh Dark chocolate Meditate Exercise
Dopamine	Procrastination Low self-esteem Lack of motivation Low energy	Meditate Daily to do list Listen to music Create something.
Oxytocin	Stressed Feeling lonely Low energy Anxious	Getting hugs play with a pet give compliments holding hands

Serotonin

Overly sensitive Social
 Phobia Mood swings
 Feeling hopeless

Sunlight
 Exercise
 Massage
 Cold shower

Foods to boost your sense good hormone

Dopamine diet (the reward chemical)

Dairy foods similar as milk and yoghurt. Unprocessed flesh similar as beef, pork and turkey. Omega-3 rich fish similar as salmon and mackerel, Eggs, fruits and vegetables, in particular bananas. Nuts similar as almonds and walnuts. Dark chocolate.

Endorphin diet (the painkiller)

Spicy foods, which may spark endorphin release. Yoghurt, sap, eggs, flesh with low-fat content, and almonds, which are just a many foods linked to dopamine release. Foods high in tryptophan, which have been linked to increase serotonin levels in body.

Oxytocin diet (the love hormone)

Foods rich in vitamins like fish tomatoes, spinach and avocados.

Serotonin diet (the mood stabilizer)

Salmon is a rich source of tryptophan, which is important for producing serotonin. Nuts and Seeds. Turkey and Flesh. Eggs. Milk, Cheese and Pineapple.

Conclusion

It does not count which conditioning activities you choose for yourself as long as the pursuit brings you joy.

“There is no right way to boost any of these feel-good hormones,” Dr. Fatima says. Rather, the key is to tune into your body and notice how different activities make you feel, both in the moment and in the hours afterward.

Still feeling down? Talk to a healthcare professional. Perhaps you may be deficient in certain nutrients, like vitamins B12 or D. Or perhaps you are floundering with anxiety as the world begins opening up. No matter what is going on in your psyche, getting the right treatment is crucial. These are grueling times for all of us,” Dr. Fatima says. But in some cases, there are chemical imbalances at play that need to be addressed. “Each of these chemicals plays a vital part in the way our bodies serve physically, mentally, and emotionally.

I have only touched the surface but I really encourage you to learn more on your own. By understanding the part these hormones have, you can understand more, how they are affecting you in everyday situations. The more you know, the more you will be able to take control of those goods and enjoy a healthier and a happier life.

References

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