



May 2022
Health Coaching Hints

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health coaching session
with Erika today!
(509) 392-7047

Feel-Good Hormones

May 2022 Health Coaching Hint “HOW TO NATURALLY ACTIVATE YOUR FEEL-GOOD HORMONES”

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A natural way to regulate your mood and increase your overall sense of well-being is to increase your body's production of a group of hormones that are often referred to as the “feel good” hormones. This quartet includes:

DOPAMINE: Linked to the brain's reward system and involved with reinforcement of behaviors

SEROTONIN: Related to mood regulation and associated with feelings of happiness

ENDORPHINS: The body's natural pain killers and involved in an overall sense of well-being

OXYTOCIN: Related to feelings of attachment and bonding, nicknamed the “Love Hormone”

Through lifestyle behaviors, you can naturally increase the production of these hormones, leading to better mood regulation and stress processing, increased motivation and cognition, as well as an increase in overall pleasure with life.

To get started, here are a few recommendations to maintain a naturally consistent production of these hormones:

- > Eat a diet rich in a variety of whole, unprocessed foods
- > Make sleep a priority by getting 7-9 hours each night
- > Develop a regular meditation or mindfulness practice
- > Exercise regularly (bonus points if you can do this outside in natural sunlight and with friends)
- > Regularly connect with loved ones (bonus points for interactions that are filled with lots of laughter and music)

It can be challenging to begin to make any of these changes, especially if your feel-good hormones are already low. Schedule an inquiry call today with our health coach, Erika Zink, to find out how she can help you to simplify the process and gain the accountability you need to begin to naturally increase these feel-good hormones.