

Porn-aroon Chavalida. (2022, February), 5 ways to increase happiness hormones : Chewajit 24 (560) : 29

"5 ways to increase happiness hormones" follows from **Dr. Jesada Chokdamrongsuk**, former permanent secretary of the Ministry of Public Health. It might be the answer for you.

The doctor said it's important to start changing or reshaping our thinking, perceptions and judgments of our own values according to reality. This will easily lead to lifestyle changes that lead to happiness and balance.

As for how to increase the hormones of happiness to occur, Dr. Jesada has suggested 5 practices as follows:

1. **Exercise regularly.** At least 30 minutes each time will help the body to secrete the 3 happiness substances, namely serotonin, which is a hormone that affects happiness and emotional stability. And help prevent depression, endorphins, hormones that make you feel good. Reduce anxiety and pain and dopamine, the hormone that makes you feel refreshed and energetic.
2. **Eat well especially foods such as sugar**, fat and cholesterol in moderation. In addition, eating protein foods containing large amounts of tryptophan, such as fish, milk, bananas, etc., will increase the secretion of serotonin.
3. **Do activities in the sun** for at least 20 minutes in the morning. will result in the body producing melatonin that will be converted to serotonin Help in terms of getting a good night's sleep.
4. **Massage is the power of touch.** It was found that body massage increases serotonin by 28% and decreases the stress hormone cortisol by 31%.
5. **Reduce stress and manage stressful emotions such as anxiety**, anger, fear, to help increase serotonin levels, such as breathing exercises to relieve stress.

