

Ways to release endorphins naturally



Laugh out loud

Surround yourself with humour. Laugh more to instantly feel good.



Turn up the tunes

Listen to your favourite peppy music to lift up your spirits



Soak up the sun

Spend time outdoors in natural light to instantly elevate your mood



Try aromatherapy

Enjoy the soothing scents of essential oils like lavender or vanilla for a calming effect



Spice it up

Add a little heat to your meals for a natural endorphin kick



Be kind to others

Spread positivity for an instant endorphin rush.



Count your blessings

Be grateful to create a positive outlook and boost your mood



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