

Alison Grimshaw 2020

**Ways to increase Serotonin**

Touch

Massage

Exercise

**Ways to increase Dopamine**

Meditation

Exercise

Music

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**Reducing Cortisol**

Exercise

Mindfulness

Meditation

Massage

Laughter

Music

Yoga

Giving to somebody else

Connecting to others

**Ways to increase Oxytocin**

Connect to others

Speak to others

Touching

Massage

Listening to and listening to other people

Receive compliments and encouragement

Receive smiles

Laugh together

Nurture Principle: The importance of Nurture for the development of well being