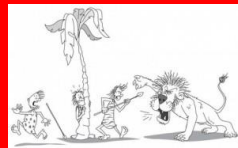


Cortisol

Fight/Flight/Freeze response. Stress
Increased heart rate and tension in
muscles.

↓ Breathing deeply, relaxing.



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Oxytocin

Love, Trust, Safety, Connection, Bonding
Primes us for empathy and understanding

↑ Hugs, eye contact, sharing a meal.



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Dopamine

Drive and Determination. Focus.
Inspiration. Concentration. Energy to
get the job done.

↑ Goal oriented walking, sleep,
achievable goals, eating almonds,
avocados and bananas, staying
hydrated.



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Serotonin

Self-esteem. Self-worth. Confidence.
Social comparison.

↑ Sunlight, powerful exercise, sleep,
posture, staying hydrated, positive self-
talk.



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